

22nd October 2026



Etone College
www.etonecollege.co.uk

Dear Parent/Carer

Supporting Mental Health and Wellbeing at Etone This November

At Etone College, we are committed to promoting positive mental health and wellbeing for all our students. As we move into the second half term, we would like to share some of the activities and support available throughout November to raise awareness of Stress Awareness Month and ensure all students know where to access help when needed.

International Stress Awareness Week & Men's Mental Health Awareness Month

To mark International Stress Awareness Week, we will be focusing on strategies for identifying the signs of stress and strategies for reducing stress. Each Monday we will host **Brew Monday** afterschool in T04 where pupils can take part in stress reducing themed crafts such as making stress relievers and origami. On Tuesdays we will be hosting **Just Dance** at break time in the hall and the **1% games club** will take place in T04, also at break time. On Thursday 5th November we will host a **Mental Health and Wellbeing Pop-Up** Stand in the Café and Hall where we will have leaflets and signposting of support for Stress Awareness and Men's Mental Health.

Throughout the week commencing 16th November we will pair with the Anti-Bullying Ambassadors to host a treasure hunt around school. Pupils who successfully complete their hunt cards will be entered into a draw to win a gaming breaktime in the Success Centre.

Our dedicated **Wellbeing Ambassadors** will be continuing to support these events by helping to signpost students to appropriate support services and encouraging open conversations about mental health and wellbeing. They thoroughly enjoyed supporting with our activities for World Mental Health Day and are eager to start on next month's activities.

Accessing Support

Twice yearly, we send out our Stress Awareness Booklet, which is sent to all pupils via Weduc, as well as signs to look for and signs for support, this booklet will also include a 30-day health challenge designed by the Stress Management Society and 'A student's guide to de-stress'. We would also like to take this opportunity to highlight our exam stress drop-in sessions which run every Wednesday break time for years 11 and 13 in the Success Centre.



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We continue to encourage all students and families to seek support whenever it is needed. Information and resources can be found on the **Etone College website**, where you can access guidance, wellbeing information, and links to external support services. Students and families can also access support from:

- **Kooth** - Free, safe and anonymous online mental health support for young people.
- **Young Minds** - Advice and resources to support young people's mental health.
- **Samaritans** - Confidential emotional support available 24 hours a day.
- **Warwickshire Family Information Service** - Information, advice and support for children, young people and families.

At Etone College, we believe that mental health is just as important as physical health. By working together, we can ensure every young person feels supported, valued and able to thrive. If you have any concerns regarding your child's wellbeing, please do not hesitate to contact the school through your child's House Office or speak directly with Rachael Price, Designated Safeguarding Lead (DSL), who will be happy to offer support and guidance.

Thank you for your continued support as we work together to promote positive mental health and wellbeing for all members of our school community.

Thank you for your continued support.

Yours faithfully



Mr I Smith
Headteacher



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