

Our Ref: RP/BG/Mental Health Awareness

Date: 10th May 2023



**Dame Elizabeth
Cadbury School**

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Dear Parents/Carers,

I trust that this letter finds you well and that you and your family have enjoyed the bank holiday weekend. I am writing to provide you with information regarding next week's National Mental Health Awareness Week.

Our Theme of the Week next week is Mental Health Awareness to coincide with Mental Health Awareness Week, which takes place between Monday 15th May and Sunday 21st May. This year the Mental Health Foundation have chosen anxiety as the Mental Health Awareness Week theme to kickstart a nationwide conversation, encouraging people to share their own experiences and any helpful ideas on how they manage anxiety.

Our assemblies next week will be led by Ms Greene, our SENDCo, and Ms Stringer, our Mental Health Practitioner, and focus on raising awareness of what anxiety is, how we can cope with anxiety and where to find support.

Anxiety is something we can all experience from time-to-time. If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem.

As a school, during Mental Health Awareness Week, we are challenging ourselves to spend at least 30 minutes every day doing something that is either physical, creative or relaxing. It could be as simple as going for a walk, reading a book, painting a picture, playing some music or going for a run. The concept, as recommended by the World Health Organisation, centres around finding time every day for ourselves to unwind and rebalance our minds and bodies, enabling us to cope better with the challenges of life.

We will also be raising money for Mind, the Mental Health Charity. Members of Leadership will be collecting any contributions each morning on the gate – we would be really grateful of any support that you can offer in terms of a contribution. The money raised will support Mind to make sure nobody has to face a mental health problem alone. People need their support more than ever, and demand for their services is growing.

We would be grateful if you would speak with your child about Mental Health Awareness Week and encourage your child to get involved as much as possible next week. As a group of staff, we will be doing so and you can follow what we get up to on our Twitter next week - @FollowDECTC

The Mental Health Foundation have looked at the evidence for what works to manage anxiety and brought together their top recommendations: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety> A wealth of additional support materials for pupils and parents/carers alike, can be found on our website.

As always, thank you for your continued support.

Yours sincerely

Mr R Prime
Headteacher



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