



4th October 2024

Parent Bulletin - World Mental Health Day October 2024

Dear Parents/Carers,

As part of our commitment to fostering a supportive environment for our students, we are excited to share the activities planned in the lead up to World Mental Health Day on October 10th. This day provides an important opportunity for our school community to come together to raise awareness and promote mental well-being.

Students will have an assembly dedicated to the history and significance of World Mental Health Day. The assembly will focus on why this day is celebrated globally, with this year's theme being the importance of prioritising mental health in the workplace. We will share some eye-opening statistics on mental health issues related to work and draw parallels to our school environment, emphasising how students can apply similar strategies to support their own mental health.

We will also be selling green ribbon pins throughout the week for staff and sixth students. These ribbons symbolise mental health awareness, and all proceeds from the sales will be donated to a local mental health charity. They can be purchased for £2 from the main office and sixth form reception, or via ParentPay.

During form time, students will engage in an activity that explores various challenges and resources available on our newly updated [MindCare@Appleton](#) webpage. This page has been enhanced based on feedback from last year's wellbeing survey and now includes sections on:

- **Wellbeing Strategies:** Practical tips and exercises to promote mental and emotional well-being, with a new section on self-esteem.
- **Emotion Regulation:** Techniques for managing and understanding emotions effectively, which now includes stress, anxiety, and grief.
- **Positivity Hub:** Resources and activities designed to foster a positive mindset and habits, including power reads which include book recommendations.
- **Academic Support for Exam Groups:** Tailored advice and resources to help students preparing for exams manage stress and maintain a healthy work-life balance.

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Students will also be introduced to the range of services provided by [Kooth](#), a free mental health service. Further parental guidance related to Kooth will be communicated by our DSL.

We believe that by prioritising mental health education and support, we can create a more compassionate and effective learning environment for all students. We look forward to celebrating World Mental Health Day with our students and hope these activities inspire meaningful conversations at home as well.

Thank you for your continued support.

Kind regards,

A handwritten signature in black ink, appearing to read 'Miss Sangha', with a stylized flourish at the end.

Miss Sangha

Mental Health Lead