

12th September, 2025

Dear Parents and Carers,

We wanted to start the year by giving an update to reflect on our school's mental health and wellbeing initiatives from last academic year. Throughout the year, we continued to embed wellbeing into everyday school life, helping our students develop positive mental health, emotional resilience, and a stronger sense of connection with those around them.

All resources and activity summaries for last year's major mental health events are now available on the [Resources](#) page of our [MindCare@Appleton](#) website:

- **Men's Mental Health Month November 2024**

Students took part in a powerful assembly exploring the challenges faced by men, including key statistics around male mental health and the reasons men are less likely to seek support.

- Male-specific resources were shared on the **MindCare@Appleton** website, including podcasts recorded by male students and support tools from *Hector's House*, a charity set up by the family of a young boy who tragically lost his life to mental health struggles.
- Staff enthusiastically took part in the "**Grow a Mo**" challenge, with weekly moustache updates shared during form time.
- Students were encouraged to check in weekly with someone around them and were given strategies to support emotional regulation and looking after friends.

- **Mental Health Awareness Week 2025**

Theme: "Know Yourself, Grow Yourself"

Students explored self-awareness and emotional wellbeing through guided discussions and by watching the BBC documentary by Roman Kemp, which opened up honest conversations around mental health struggles and the importance of seeking help.

- **Children's Mental Health Week 2025**

Theme: "Community"

Students explored what makes communities supportive and safe. They reflected on our school

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- community values, took part in team-building games, and wrote thank you notes to individuals who have positively impacted their lives. These simple acts helped students appreciate shared values and differences while strengthening peer relationships.

Our [MindCare@Appleton](#) page has been updated with:

- **New reading suggestions on our “[Power Reads](#)” list**, including *Atomic Habits* by James Clear.
 - This book explains how small daily actions lead to big changes. It introduces 4 simple steps: *Make it Obvious, Make it Attractive, Make it Easy, Make it Satisfying*, that help build lasting habits.
 - Parents can support their children by using these steps to encourage positive routines at home, such as revision, sleep, and screen time boundaries.
- **New habits on “[Building Positive Habits](#)”**
Students can now explore new habits to try, all linked to *Atomic Habits*’ 4 laws of behaviour change, focusing on topics they requested like reducing phone screen time and revision more. These are practical, teen-friendly suggestions to support focus, motivation, and wellbeing.
- New “[Exercise](#)” page.

We have exciting events and initiatives planned for the upcoming school year. As always, thank you for your continued support in helping us prioritise student wellbeing.

Please reach out to me if you have any questions or new ideas that you would like to see implemented into our mental health initiatives. We welcome constructive feedback.

Yours sincerely,



Miss Sangha
Mental Health Lead

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