

Our ref: KH/RP/mentalhealthweek2023

Friday 11<sup>th</sup> May 2023



Barr Beacon School  
www.barrbeaconschool.co.uk

Dear Parents/Carers,

15<sup>th</sup> May 2023 marks the start of Mental Health Week, with the national focus being on supporting people who live with anxiety.

During this week pupils will have an assembly on this theme as well as activities to raise awareness about living with anxiety. Year 8 will see a performance on this theme called Talking Heads from the theatre company Loudmouth. Year 10 will have virtual visit from speaker Alex Staniforth to talk about resilience in the face of adversity. We will be selling enamel Mental Health badges for £2.00 to raise money and awareness about Mental Health amongst other activities including a raffle.

Whilst it would be easy to assume that anxiety and stress are the domains of adults, or perhaps only pupils facing exams, in fact anxiety and stress are a part of everyone's day to day life. A healthy amount of anxiety and stress can be a positive thing: motivating us to succeed, do our best, be punctual and put in as much effort as possible. However, when the anxiety or stress response becomes problematic, it could hinder pupils from achieving success at school.

As most of us live with stress at some point in our lives, it is important that we manage this response positively rather than allowing it to upset our daily lives. Therefore, our Wellbeing Ambassadors have created these resources to support both pupils and parents/carers:

Stress leaflet for Year 10, 11 & Sixth Form: <https://bit.ly/42s5SpJ>

Stress leaflet for Year 7, 8 & 9: <https://bit.ly/3nPiPuH>

Anxiety leaflet for pupils: <https://bit.ly/3VXYgc7>

Anxiety leaflet for parents: <https://bit.ly/3MkkIJy>

Please take the time to talk through these leaflets with your child and discuss their wellbeing. The leaflets contain strategies for managing stress and anxiety positively and proactively and these could hopefully help lay helpful foundations for your child which will continue to be useful as they grow older.

Yours sincerely,

Mrs K Hibbs  
Headteacher



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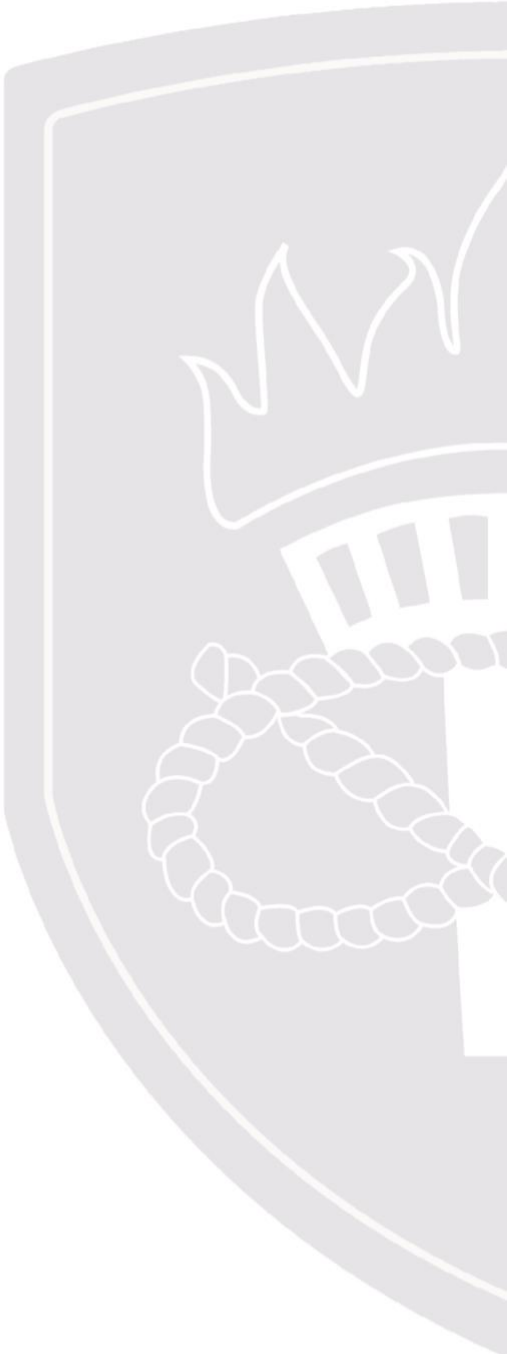


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