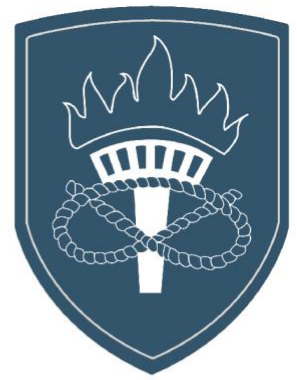


Our ref: KH/RP/mentalhealthweek

23rd May 2023



Barr Beacon School
www.barrbeaconschool.co.uk

Mental Health

Dear Parents/Carers,

15th May 2023 marked the start of Mental Health Week, with the national focus being on supporting people who live with anxiety.

During this week pupils received an assembly on the theme of Mental Health as well as activities to raise awareness about living with anxiety. Year 8 saw a performance on this theme called Talking Heads from the theatre company Loudmouth. Year 10 had a 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 Y7-Y9 <https://bit.ly/41LSWtj>

Stress Y10-Y13 <https://bit.ly/3OIGYef>

Anxiety Pupils <https://bit.ly/3Bz0Jk2>

Anxiety Parents <https://bit.ly/3od4313>

Coffee Morning <https://bit.ly/3loy4C2>

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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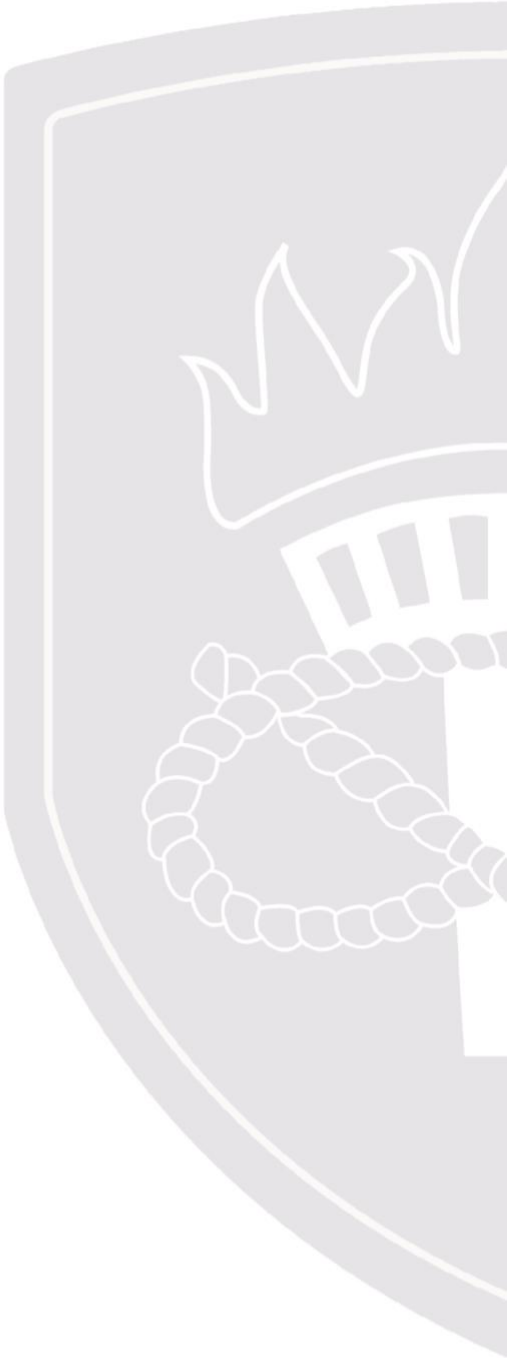


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