

Ref RP/KH/VM/World Mental Health Day

16th October 2023



Dear Parents/Carers,

Barr Beacon School
www.barrbeaconschool.co.uk

World Mental Health Day 2023

We are celebrating World Mental Health Day in the week commencing 16th October 2023.

Pupils will receive an assembly on the topic: 'Mental Health is a Universal Human Right'. This is the global theme set for 2023 by the Mental Health Foundation. Pupils will learn about the Human Rights Act of 1998 and which articles from this are relevant to mental health. The focus of the assembly is what discrimination is, the impact of discrimination and what language to use when speaking about mental health. Pupils will learn how to start positive conversations about their mental health and the power that even a simple question like "is everything ok?" can have. Pupils will also learn how the Beacon Values link to the global theme: 'Never Discriminating' and 'Acting Responsibly' when talking about Mental Health.

During this week, we are also launching new 'Wellbeing Strategies Stickers' for all pupils to stick in their planner. This includes four key strategies which pupils can use to help regulate their emotions and stay calm within school. Pupils will also receive a Wellbeing bookmark to use within their 'Read to Succeed' books on one of the following four themes: Positive Thinking, Wellbeing Strategies, Positive Affirmations or Self-Care. Within their form time, pupils will learn about how these Wellbeing tips can benefit them and how to utilise these within their own lives.

Finally, Barr Beacon School is also raising money for the Young Minds charity. The newly selected Pupil Wellbeing Ambassadors will be selling enamel green ribbon pin badges for £2.00 throughout the week. If pupils would like to purchase a badge, they should bring a cash donation of £2.00 to school.

Please take the time to talk through the Wellbeing Strategies Stickers with your child and discuss their wellbeing. The stickers contain strategies that are useful for regulating emotions within school. These strategies can hopefully help support your child's wellbeing both inside and outside of school.

We have also created a mental health language crib sheet for parents and carers, which we have included <https://bit.ly/3S0XiQf>. This provides some useful information on how to be aware of the language we use as adults to ensure that it is not discriminatory.



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If you would like any more information of World Mental Health Day or tips for talking about mental health please visit the Mental Health Foundation website at <https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>.

Additionally, if you have any concerns for the wellbeing of your child, please contact school by emailing postbox@barrbeaconschool.co.uk.

Yours sincerely,

Mrs K Hibbs
Headteacher



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