

Ref:KH/RP/LS/World Mental Health Day

7th October 2024



Barr Beacon School
www.barrbeaconschool.co.uk

World Mental Health Day – Let's Prioritise Our Well-Being

Dear Parent/Carer,

As we approach World Mental Health Day on **Thursday 10th October 2024**, I want to take a moment to highlight the importance of mental well-being in our school community. This year's theme is "Mental Health in the Workplace," reminding us that mental health is part of our lives at all ages as pupils are encouraged to think about how they manage their mental health in a working environment as well as outside of school.

Mental health affects everyone, and it's crucial to create an environment where we can talk openly about our feelings and support one another. Whether you're dealing with stress from school, personal challenges, or just the pressures of daily life, it's important to know that you are not alone.

Here are a few ways we will come together as a school during the week in which we celebrate World Mental Health Day:

1. **Talk About It:** We create safe spaces in our school environment to talk. We are a telling school and pupils are aware of all the structures of support that are in place.
2. **Assembly:** This week the senior team and Mrs C Barber and Miss R Porter will lead an assembly on managing mental health in the working environment accompanied by strategies to self-regulate.
3. **Walk a mile:** Year 7 pupils will walk a mile for mental health with their tutors and members of the senior team to remind them that physical health and mental health are closely linked.
4. **Break time boogie:** Each Year group will be invited at a break time across the week to participate in Let's Dance in the school gym. This will remind pupils that mental health, physical health and feeling part of a community all support wellbeing.
5. **World Mental Health Day Art Competition:** all pupils will be given the chance to earn praise points and rewards by participating in our competition. This reminds pupils that wellbeing and creativity are closely linked.

We look forward to working together as a school community to raise awareness of mental health and ways to support wellbeing.



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Please contact us via postbox@barrbeaconschool.co.uk if you have any questions relating to World Mental Health Day.

Yours sincerely,



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Headteacher



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