

Re: KH/RP/FS/Children's Mental Health Awareness

24<sup>th</sup> February 2025



Barr Beacon School  
[www.barrbeaconschool.co.uk](http://www.barrbeaconschool.co.uk)

### **Children's Mental Health Awareness Week 2025**

Dear Parents/Carers,

We are excited to announce that we will be celebrating Children's Mental Health Awareness Week from the 24th February 2025. This week will focus on raising awareness about mental health, encouraging self-awareness, and promoting positive mental health practices. The theme for this year is 'Know Yourself, Grow Yourself.' Throughout the week, Pupils will reflect on their emotions, embrace their uniqueness, and support one another.

Pupils will receive an assembly which will aim to raise awareness about mental health, help pupils understand their emotions, and encourage emotional resilience. Using the characters from the film Inside Out, we hope to make the topic of mental health more relatable and engaging for the pupils. The assembly will provide an opportunity for pupils to learn about different emotions and how they can manage these feelings in a healthy and positive way. Additionally, throughout the week, during form time, pupils will take part in discussions about self-awareness and the emotions represented by the Inside Out characters.

As part of our efforts, Barr Beacon are raising money for YoundMinds as the wellbeing ambassadors are hosting a fundraising bake sale on the 28th February 2025. The sale will include a variety of baked goods such as cupcakes, cookies, brownies, and traybakes. We are kindly asking for donations from both staff and pupils. If your child would like to contribute to the event, please encourage them to bring in a donation of shop-bought goods. Each pupil will earn some praise points for their donations.

Additionally, we will be holding a Cake Decorating Competition with the theme of the Inside Out characters. Pupils will be invited to decorate cakes. The best designs will be judged by our Heads of House. There will 3 winners per House. All participants will receive praise points, with additional points awarded to the winners.

Finally, please take the time to read through the link attached to this letter which provides practical tips for families to support children's mental health.

If you would like any more information of Children's Mental Health Awareness Week please visit the Place2Be website at <https://www.childrensmentalhealthweek.org.uk/>. Additionally, if you have any concerns for the wellbeing of your child please contact school by emailing [postbox@barrbeaconschool.co.uk](mailto:postbox@barrbeaconschool.co.uk).

Thank you for your continued support.

Yours sincerely

Mrs K Hibbs  
Headteacher



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