

Re: KH/RP/FS/Mental Health Awareness

6th May 2025



Barr Beacon School
www.barrbeaconschool.co.uk

Mental Health Awareness Week 2025

Dear Parents/Carers,

We are excited to announce the events and activities planned for **Mental Health Awareness Week 2025**, which will take place from Tuesday 6th to Friday 9th May 2025. This year's theme is **Community**.

We are thrilled to welcome Sandev Panaser, University Mental Health Lead and Peer Support Coordinator, back to Barr Beacon School for a series of assemblies during Mental Health Awareness Week. The assemblies will focus on the theme of Community, covering important topics such as the significance of connection, finding meaning and purpose within communities, how to cultivate hope, understanding identity and a sense of belonging, and strategies for maintaining positive mental health.

We are also launching a Creative Expression Competition for all students to celebrate creativity and the theme of *Community*. This competition invites students to explore the idea of community through creative expression. Students can submit work in any creative form, including paintings, drawings, digital artwork, poetry, short stories, spoken word, photography, graphic design, or mixed media. There will be prizes for the winners, and all participants will receive praise points for their involvement. The competition deadline is Friday 9th May 2025, with the winners being announced on Tuesday, 13th May 2025. Please follow the link for further details <https://bit.ly/3Gy8fBp>

We are looking forward to an engaging and inspiring Mental Health Awareness Week, and we hope these activities will encourage students to reflect on the importance of community and its role in supporting mental health.

If you would like any more information of Mental Health Awareness Week please visit the Mental Health Foundation website at <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>.

Thank you for your continued support.

Yours sincerely

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