

Ref: KH/RP/CB/WorldMentalHealthDay

7th October 2025



Barr Beacon School
www.barrbeaconschool.co.uk

Dear Parents/Carers,

World Mental Health Day – 10th October

This October, in recognition of World Mental Health Day, our school will be hosting a special assembly led by our Wellbeing Ambassadors. The theme of this year's World Mental Health Day is:

"Access to Services – Mental Health in Catastrophes and Emergencies."

The assembly is designed to ensure that all pupils understand the importance of mental health and are aware of the support available to them within the school. It will explore how crises, both global and personal, can affect mental wellbeing and discuss everyday challenges students may face. Pupils will also learn strategies for looking after their mental health and how to seek help when they need it.

Following the assembly, pupils will take part in a form-time activity focused on reflection and personal growth. During this session, they will have the opportunity to think about how they can be the best version of themselves, considering their strengths, goals, and wellbeing. This activity encourages self-awareness, resilience, and a positive approach to mental health.

Thank you for your continued support in helping us build a compassionate and supportive school community.

For more information about World Mental Health Day and resources to support young people's mental wellbeing, please visit:

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

<https://www.mind.org.uk/for-young-people/>

If you have any questions, please email postbox@barrbeaconschool.co.uk.

Thank you for your continued support.

Yours sincerely,

Mrs K Hibbs
Headteacher



Barr Beacon School
Old Hall Lane
Aldridge, Walsall
West Midlands
WS9 0RF



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0121 366 6600



Barr Beacon School



@barrbeacon.school



postbox@barrbeaconschool.co.uk

