

Our Ref: KH/TM/RP/ Children's Mental Health Awareness Week 2026

Friday 30th January 2026

Dear Parents/Carers,

Children's Mental Health Awareness Week



Barr Beacon School

www.barrbeaconschool.co.uk

We are pleased to inform you that we will be celebrating Children's Mental Health Awareness Week in school from 26 January to 6 February 2026. This period will focus on raising awareness of mental health, encouraging positive wellbeing, and helping young people understand the importance of feeling safe, supported and valued. The theme for this year is *This Is My Place*, which explores belonging and how feeling connected can support mental health and wellbeing.

As part of the week, students will receive an assembly presented by our Wellbeing Ambassadors. The assembly will focus on belonging, inclusion, and emotional safety, encouraging pupils to reflect on their own experiences of belonging and their personal idea of a *happy place*, as well as consider how small acts of kindness can help others feel included. The theme will be explored through reflection, the Tree of Life metaphor, and the concept of *My Happy Place*. This could represent a place, person, activity, or moment that makes them feel calm, safe, and happy.

To support Children's Mental Health Awareness Week, Barr Beacon School are raising money for PAPYRUS. Our Wellbeing Ambassadors will be hosting a fundraising bake sale on 6 February 2026 in the school gymnasium. The sale will include a variety of baked goods such as cupcakes, cookies, brownies, doughnuts, 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, and they will receive praise points in recognition of their participation. The cakes that are sold must be shop bought and sealed.

In addition, we will be holding a Cake Decorating Competition with the theme *My Happy Place*. Students are invited to decorate a cake at home that represents a place, person, activity, or moment that helps them feel calm, safe and happy. Cakes should be brought into school on the morning of the event and will be displayed in the gymnasium. All participants will receive praise points, with additional recognition awarded to first, second and third place designs. The cakes that are brought in for the competition will not be sold and will be returned to pupils at the end of the day after they have been judged.

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.

Thank you for your continued support.

Yours sincerely

Mrs K Hibbs

Headteacher



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