

Our Ref: KH/RP/TM/StressAwareness

14th April 2026

Dear Parents/Carers,



Stress Awareness Month- Supporting Young People's Wellbeing

Barr Beacon School
www.barrbeaconschool.co.uk

As part of Stress Awareness Month, we are focusing on supporting our pupils to better understand and manage stress. At Barr Beacon School, we recognise that young people today face a range of pressures, both in and out of school, and it is important that they feel supported in developing healthy ways to cope.

Throughout the month, students will take part in assemblies and activities that explore what stress is, why we experience it, how to recognise the signs of stress, and practical strategies to manage it in a healthy way. We will be introducing tools such as the *stress bucket* and the *worry tree*, which help pupils understand how stress can build up over time and how to focus on what is within their control.

How you can support your child at home

You play a key role in supporting your child's wellbeing. Some helpful approaches include:

Encourage open conversations

Take time to talk with your child about how they are feeling. Listening without judgement can help them feel understood and supported.

Help them problem-solve

If they are worried about something they can control (such as homework or friendships), support them in thinking about small, manageable steps they can take.

Promote balance and routine

Encourage regular sleep, healthy eating, and time away from screens. Activities such as exercise, hobbies, and spending time with family and friends can help reduce stress.

Model positive coping strategies

Young people often learn from the adults around them. Demonstrating healthy ways of managing stress can be very powerful.

Know when to seek additional support

If your child's stress seems overwhelming or persistent, please do not hesitate to reach out to the school for support.

If you would like any more information about Stress Awareness Month, please visit <https://www.stress.org.uk/stress-awareness-month-2026/>. Additionally, if you have any concerns for the wellbeing of your child, please contact the school by emailing postbox@barrbeaconschool.co.uk.

Thank you for your continued support.



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Yours sincerely,



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