

3rd July 2026

Dear Parents and Carers,



Barr Beacon School

www.barrbeaconschool.co.uk

Loneliness Awareness – July

We are pleased to share details of an important whole-school initiative focused on Loneliness Awareness, alongside an exciting creative opportunity for pupils.

Pupils recently took part in a Loneliness Awareness Assembly, designed to help them better understand loneliness, how it can affect people of all ages, and how we can support ourselves and others in building positive connections and a sense of belonging.

To extend this learning in a creative and meaningful way, we are launching a Loneliness Awareness Character Design Competition. Inspired by the film *Inside Out*, this competition invites students to design an original character that represents loneliness, along with practical tips for managing these feelings.

The aim is to encourage students to express their understanding of loneliness in a thoughtful and imaginative way, while developing empathy, awareness, and practical understanding of emotional wellbeing through creativity and self-expression.

Please see the attached poster for full details of the competition. Key information is summarised below:

- Task: Design a character that represents loneliness and include tips for managing it
- Inspired by: *Inside Out*
- Prizes: 1st, 2nd and 3rd place
- Deadline: 13th July
- Submission: Pupil Services
- Organised by: Wellbeing Ambassadors

We appreciate your continued support in reinforcing these important messages at home. If you have any questions or would like further information, please do not hesitate to contact the school.

For more information and resources to support young people experiencing loneliness, please visit: <https://www.mentalhealth.org.uk/explore-mental-health/publications/student-guide-loneliness>

As always, if you have any concerns or wish to contact the school, 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

