



# MAIDEN ERLEGH

## SCHOOL

Headteacher: Steve Jump  
BA Ed (Hons), NPQH

- Silverdale Road, Earley, Reading, RG6 7HS
- 0118 926 2467
- MESoffice@maidenerleghtrust.org
- www.maidenerleghschool.co.uk
- @MaidenErleghSch

Friday 2 May 2025

Dear Parent/Guardian

### **Mental Health Awareness Week 2025 – 12 to 18 May 2025**

Every year, the Mental Health Foundation (MHF) organises and hosts Mental Health Awareness Week. The week offers further opportunity for people to talk about all aspects of mental health, with a focus on providing support and advice. The theme for Mental Health Awareness Week is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us that we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose.

All students will be watching [The Richard Dimbleby Lecture](#) featuring Sir Gareth Southgate, which focuses on developing resilience to support one's mental health. There are further resources and support available via <https://here4you.co.uk/> which you may also wish to explore with your child.

We will also be holding a non-uniform day on Friday 16 May 2025 to raise money for the MHF. The money raised will help the MHF to conduct vital research, develop solutions and raise awareness of mental health. A suggested voluntary donation of £2 can be made via ParentPay: <https://www.parentpay.com/>. If you have any queries relating to ParentPay, please email [ParentPay@maidenerleghtrust.org](mailto:ParentPay@maidenerleghtrust.org). Please note that Year 11 and Year 13 will not be able to take part in the non-uniform day due to examinations.

Students are expected to dress neatly, and clothes should be without rips or tears and free from offensive slogans. Students are not permitted to use coloured hairspray or face paints or bring them to school. Sixth Form students will still be expected to wear their lanyards to identify themselves. Normal behaviour expectations will apply. Anyone who is inappropriately dressed will be asked to see their Head of Year.

We are also holding a virtual workshop on anxiety and low mood which will be led by an educational psychologist. This is taking place on Tuesday 13 May from 5.00pm to 6.30pm and is designed to provide some practical ideas to help you support your young person who may be struggling. To sign up for this please use the link [here](#). Please see further details below, as well as the Teams link to join the workshop on Tuesday 13 May.

We will also be reminding students of the mental health support available should they be concerned about their mental health. Once again, we are always ready to listen and respond so do reach out to your child's Head of Year or one of the safeguarding team with any worries you or they may have.

Yours sincerely  
Mrs L Garner  
Co-Head of Year 12 & Mental Health First Aider



Aim High



Be Inclusive



Work Together

# Online Parent Workshop for Supporting Young People with Anxiety or Low Mood

Tuesday 13<sup>th</sup> May 17:00-18:30

Concerned that your young person may be struggling with anxiety or low mood?



Is your young person showing signs of:

- Persistent tearfulness or irritability
- Reduced interest or pleasure in normally enjoyable activities
- Withdrawal or avoidance
- Difficulty thinking, concentrating or making decisions
- Feelings of worthlessness, guilt, or hopelessness
- Change in eating or sleeping
- Unexplained tiredness, stomach-aches, or headaches

Come along to the Mental Health Support Team's online parent workshop for tips on what to look out for and simple tools and ideas for supporting your young person.

**To Book Your Place please complete the online form [here](#) and then use this link below to join on the day:**

**[Join the meeting now](#) Meeting ID: 359 201 425 638 2 Passcode: 8ab6fw9C**

