



24 April 2026

Dear Parent/Guardian

Mental Health Awareness Week – 11 to 17 May 2026

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 this year is 'Take Action - Action: for yourself, for someone else, for all of us'. All students will be having assemblies and spending the one hour personal development lesson during this week focusing on this. There are further resources and support available via <https://here4you.co.uk/> which you may also wish to explore with your child.

The MHF work focuses on conducting vital research, developing solutions and raising awareness of mental health. A suggested voluntary donation of £2 can be made via ParentPay which enables you to purchase a green ribbon pin badge for your child. The green ribbon is the international symbol for mental health awareness. <https://www.parentpay.com/>

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 Laura Garner
Assistant Headteacher

