



Friday 20th September 2024

Our ref: SMJ/sjt

Dear Parent/Carer,

RE: World Mental Health Day Thursday 10th October 2024

St Bernard's is a school where we take a holistic approach to the education of each and every young person in our community. Part of this involves making students aware of how the choices they make can have a positive impact on their own wellbeing. Mental Health is discussed as part of the PSHE curriculum and the strong focus on the pastoral role of the tutor and Head of Year means that students are confident to discuss when they are feeling like they need extra help. Pastoral provision within the school means that there are various sources of help available to your child if they need it. As a school, we recognise that life is sometimes stressful and that there may be times when students need extra help. As part of our ongoing dialogue around Mental Health, we will be celebrating World Mental Health Day in school on October 10th 2024 with a variety of different events around the school:

- Next week, I will be visiting assemblies to talk about the World Mental Health Day with a focus on how students themselves can develop healthy habits and identify opportunities to practise self-care.
- We will be raising money for the mental health charity 'Young Minds' by wearing a yellow accessory on October 10th. ***If your child wishes to take part, you can make a donation on their behalf via ParentPay from 9am Monday 30th September.***
- We will be running a self-care workshop during lunchtime on 10th October, providing craft activities and friendly chat focused on self-care.
- Finally, after school on October 10th, we will be showing 'Inside Out' (certificate U) as part of our collaboration with the Film Education charity 'Into Film.' Entry is just £1 to students, with places allocated on a first come first served basis with numbers capped at 100. ***Tickets are available on ParentPay from 9am on Monday 30th September and all donations will again, go to 'Young Minds'. If your child wishes to attend, you MUST pay and give permission via ParentPay before Friday 4th October.*** We expect the film to finish at 5:10 pm and students are responsible for making their own way home.

Over the next few months, you will begin to see additional information on our website in relation to mental health and a regular spot in the school newsletter. If you have specific concerns about your child's wellbeing, the first step is to contact your child's Tutor or head of year via office@stbernards.southend.sch.uk.

Yours faithfully,

Mrs S Jackson
Mental Health Lead