

9 May 2022

Dear parents and carers,

**Mental Health Awareness Week: 9 – 15 May 2022**

This week across the UK is Mental Health Awareness Week, organised by the Mental Health Foundation. They have produced a series of films and advice which you can access [here](#). As you know, we have been supporting Young Minds as our main charity this year, with the school community making several significant donations to them. You will also be aware that Young Minds will be working with us as a school for the rest of this year and across next academic year to review and refine the offer we have at Weald and make sure we continue to support all those who need us. We have also commissioned the PASS survey which students in Years 7 to 10 and 12 will be completing this academic year, and our new Year 7 and 12 in September. This supports the school to identify any challenges that students face in accessing learning and other opportunities, allowing us to plan individualised student support packages, and to better highlight external support where needed.

In addition to this upcoming project, Year 9 spent the day on Friday out of lessons focussing on their mental wellbeing; we have We are With You in school on Tuesday working with Year 12 students on the challenges they face in relation to drugs, alcohol and mental health; Year 10 have a visit from The Kenward Trust at end of month; and our Votes for Schools discussion on Friday this week will focus around the Mental Health Awareness Week, and in particular the theme of loneliness. The purpose is to encourage young people to talk about their feelings and reflect on the factors that affect our wellbeing and mental health.

We have also put together this short document to offer guidance on the following:

1. Ten Ways to feeling better
2. How to get specialist help
3. How to get immediate help

If you are concerned about your child, or any young person at Weald, or you need help and support yourself, please let us know. You can do this by emailing [school@wealdgs.org](mailto:school@wealdgs.org). There are also useful contact details, including the school's safeguarding team email address available on our website [here](#).

Thank you, and do take care of yourselves and each other.

Yours sincerely,



**Mrs E Bone**  
Headteacher