



WESTON FAVELL ACADEMY

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6th October 2023

Dear Parents/Carers

World Mental Health Day – Tuesday 10th October 2023

At Weston Favell Academy, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We can all struggle with how we are feeling but sometimes things get tough, and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need when they need it but together, we can make a difference.

On Tuesday 10th October, the whole school will be celebrating 'World Mental Health Day'. This is to raise awareness of the importance of mental health and wellbeing for young people. We will be saying **#helloyellow** and sharing tips for the importance of looking after your mental health. All pupils are invited to wear an item that is yellow; this could be a t-shirt (blazer needed), trousers, a hair ribbon, a bracelet, as long as the item is yellow.

During the day, we will be completing a series of assemblies as well as giving pupils an opportunity to discuss their mental health with their peers and share their experience. There will also be activities throughout the day for pupils to complete.

YOUNG MINDS

The charity works to both raise the profile of mental health, provide a support network and phonenumber and also assist schools and education centres by providing valuable resources to use. Please see the attached link for more information. Their parents A – Z guide is very informative and importantly, they also focus on ways to help stay mentally healthy and overcome life's challenges, as and when they arise <https://youngminds.org.uk>

GET INVOLVED AT HOME...

This year we really want to encourage parents to take the time to sit with their children and discuss mental health. The smallest things make a massive difference. Why not tell your child how amazing they are and tell them their awesome traits. This is fantastic for building their resilience, self-esteem and helping them learn how to express feelings.

The NHS Every Mind Matters has really been improved and there are links to apps that may help with anxiety, sleep and stress relief. <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Thank you for your continued support.

Yours sincerely

Mr N Patel
Assistant Principal – Personal Development

'Be Inspired'