

Harris Church of England Academy

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Headteacher Mrs Roberta Harrison



5 February 2024

Dear Parent/Carer

Children's Mental Health Week – Week Beginning 5/2/24

The theme for this Year's Children's Mental Health Week is "My Voice Matters".

After consultation with Student Leaders and the Anti Bullying Ambassadors, it was decided that we would reinforce the messages surrounding reaching out for help and support, alongside making it clear where the sources of support were in school. With this in mind, we have the four senior student leaders leading assemblies to highlight the sources of support available in school. This support includes 18 x Mental Health First Aid trained members of staff, mentoring from the Mental Health Lead in school and mentoring via organisations such as Rugby Youth for Christ, ROSA, Guys Gift and Lisa, our School Counsellor. The student leaders will also be describing some key messages relating to mental health and resilience; messages such as "name it to tame it" and "if it is unmentionable then it is unmanageable". These messages are about the importance of increasing emotional vocabulary to enable students to process difficult emotions and also about the importance of using your voice to speak up about emotional difficulties.

In addition to the assemblies, the whole school will be engaging in activities at the beginning of period one and two every day, with the aim of encouraging discussions around how to start conversations about mental health, what to look for in friends who may be struggling and trying to reduce the stigma attached to speaking about mental health. As part of this, we will be using videos of athletes such as Owen Farrell and Rio Ferdinand, who have spoken publically about their own mental health.

Rugby Youth for Christ will also be in school during this week, delivering workshops on resilience to all of our students.

Yours faithfully

Mr D Unwin

Mental Health Lead

Duke of Edinburgh Manager

Mental Health First Aid Trainer

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