



Dear Parents and Carers,

Re: Children's Mental Health Week 2025

At Harris Academy, we are committed to supporting the wellbeing of our students and equipping them with the tools they need to thrive. That is why we are proud to recognise **Children's Mental Health Week**, taking place from **Monday 3rd February to Friday 7th February 2025**. This year's theme, *Know Yourself, Grow Yourself*, focuses on helping young people build self-awareness and resilience—essential foundations for good mental health and personal growth.

We have planned a range of activities throughout the week to promote positive mental health and provide opportunities for students and parents to engage with this important topic:

1. **7-Day Mental Health Challenge:** Students will be encouraged to participate in daily activities designed to expand their strategies for maintaining good mental health. These challenges will help them explore new ways to stay resilient, calm, and connected.
2. **PSHE Lessons:** As part of our ongoing focus on mental health, PSHE lessons this half term have been dedicated to exploring key aspects of wellbeing. During the week, students will take part in debates on thought-provoking questions to deepen their understanding of the factors that influence mental health and strategies for managing it.
3. **Mental Health Questionnaire:** Students will be asked to complete a mental health questionnaire during the week. This aims to provide a snapshot of the areas where our young people may need extra support at this time.
4. **Mental Health Forum for Parents – Thursday 6th February 6pm:** We are hosting our third Mental Health Forum for parents, where you will have the chance to discuss aspects of adolescent mental health with fellow parents and our school mental health staff. The forum will provide practical insights and an opportunity to ask questions. If you would like to attend, please sign up using the following link: <https://forms.gle/RC1BgAczdZUubAy7A>.
5. **Harris Has Talent Auditions:** This week also coincides with the auditions for our *Harris Has Talent* show. This event provides students with a wonderful opportunity to showcase their creativity and confidence, perfectly aligning with the theme of *Know Yourself, Grow Yourself*.

We believe that fostering mental health awareness is a vital part of preparing our students for life beyond the classroom. Children's Mental Health Week provides a wonderful opportunity for our school community to come together, reflect on the importance of wellbeing, and equip both students and families with tools to support long-term resilience and growth.

Thank you for your continued support. We look forward to a meaningful and engaging week. If you have any questions about the activities planned, please don't hesitate to contact our Mental Health Lead Mr Unwin.