



# MAIDEN ERLEGH

## SCHOOL

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Dear Parent/Guardian

### **Mental Health Awareness Week 2021 (10-16 May)**

Every year, the Mental Health Foundation (MHF) organises and hosts Mental Health Awareness Week. The week offers an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice. The MHF have set the theme, organised and hosted Mental Health Awareness Week since 2001, during which time the event has grown to become one of the biggest awareness weeks across the UK.

The theme for Mental Health Awareness Week 2021 (10-16 May) is **Connect with Nature**.

The aim is that the week will be an opportunity to open our eyes to the power of nature – and that could not be more fitting having been through the year we all have with many of us rekindling a love for the great outdoors. The MHF aims to raise awareness of the barriers to connecting with nature, advocate for the changes needed to ensure everyone can experience the health benefits from nature, and inspire people to get involved during the week in some way.

In school, we will be marking this with an assembly looking again at the importance of mental health and relating this to the MHF theme of nature. To further support their aims, the MHF have provided a parent/caregiver guide which contains information about why nature is good for our mental health; top tips for supporting your child or young person to connect with nature and lots of resources for you to find out more. There is also a student guide containing further information about the cause as well as easy and safe ways to connect with nature. Please find links to both of these below.

[Parent/Caregiver Guide](#)

[Student/Pupil Guide](#)

As well as celebrating the theme of nature this week, we will also remind students of the support offerings should they be concerned about their mental health. Once again, we are always ready to listen and respond so do reach out to your child's Head of Year or one of the safeguarding team with any worries you or they may have.

Yours sincerely

Mrs J Bhadye  
Assistant Headteacher  
Designated Safeguarding Lead