



MAIDEN ERLEGH

SCHOOL

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Dear Parent/Guardian

Mental Health Awareness Week 2023 (15-21 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 support and advice.

The theme for Mental Health Awareness Week 2023 (15-21 May) is **Anxiety**.

The aim of the week is about recognising how anxiety is a normal emotion in us all but sometimes it can get out of control, contributing to mental health problems. In school, we will be focusing on strategies that can be useful to help manage anxiety. To further support their aims, the MHF have provided the following booklets below. There are lots of resources and links you could use and discuss with your young person.

[MHF-wear-it-green-day-2023-anxiety-booklet](#)

[MHAW23-coping-with-anxiety-tips](#)

We will also be holding a '**wear it green day**' on **Friday 19 May** to raise money for the MHF. One in six people are affected by mental health problems every week. The green ribbon is the international symbol of mental health awareness, hence the wearing of the colour green on this day. The money raised will help the MHF to conduct vital research, develop solutions and raise awareness of mental health. Students are permitted to wear non-uniform on this day. Clothing must be free from offensive slogans. The whole outfit could be green, or just an item of clothing. A suggested voluntary donation of £2 can be made via the following link: <https://www.parentpay.com/>. If you have any queries relating to ParentPay please email ParentPay@maidenerleghtrust.org.

As well as focusing on the theme of anxiety, we will also remind students of the mental health support available 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 L Garner
Co Head of Year 12
Mental Health First Aider