



MAIDEN ERLEGH

SCHOOL

Headteacher: Paul Gibson

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3 May 2024

Dear Parent/Guardian

Mental Health Awareness Week 2024 (13-19 May)

Every year, the Mental Health Foundation (MHF) organises and hosts Mental Health Awareness Week. The week offers further 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 2024 (13-19 May) is **‘Movement: Moving more for our mental health.’** We will be encouraging students to recognise that one of the most important things they can do to help protect their mental health is regular exercise. Moving more can increase energy, reduce stress and anxiety, and boost self-esteem.

All students will be watching a short film hosted by Roman Kemp that tackles young people’s mental health. There will also be further discussions in assemblies and during tutor time.

The link below includes the short film they will be watching, as well as resources and support available which you may also wish to watch and explore with your young person:

<https://here4you.co.uk/>

We will also be holding a **non-uniform ‘wear it green day’** on **Friday 17 May 2024** 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. **Year 11 and Year 13 will not be able to take part in the non-uniform day due to examinations.**

We are also holding a **Parent/Carer workshop on anxiety and low mood** which will be led by an educational psychologist. This is taking place on **Thursday 13 June 2024 from 5.00pm – 6.30pm** and is designed to provide some practical ideas to help you support your young person who may be struggling. **To sign up for this please see the link in the leaflet below.**



Aim High



Be Inclusive



Work Together

Parent Workshop for Supporting Young People with Anxiety or Low Mood

Thursday 13th June | 17:00-18:30 | Maiden Erleigh School

Concerned that your young person may be struggling with anxiety or low mood? Is your young person showing signs of:

- Persistent tearfulness or irritability
- Reduced interest or pleasure in normally enjoyable activities
- Withdrawal or avoidance
- Difficulty thinking, concentrating or making decisions
- Feelings of worthlessness, guilt, or hopelessness
- Change in eating or sleeping
- Unexplained tiredness, stomach-aches, or headaches



Come along to the Mental Health Support Team's parent workshop for tips on what to look out for and simple tools and ideas for supporting your young person.

Book Your Place by completing the online booking form

[HERE](#)



We will also be reminding 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 13
Mental Health First Aider



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