



## **Mental Health Awareness Day – Friday 15<sup>th</sup> February 2019**

Dear Parent/Carers

On Friday 15<sup>th</sup> February all students will be off timetable as it is Mental Health Awareness Day. The theme for this day is Managing Stress and we would like all students and staff to have the opportunity to have fun whilst also focusing on the importance of talking about mental health and emotional wellbeing.

Following on from the success of last years' event, students have been able to select a number of activities throughout the day and will bring home a personalised timetable on Monday so you will be able to see what they will be doing.

Mental health and wellbeing is extremely important to Isebrook and promoting a culture whereby all students, staff and families feel they can talk about issues that affect their emotional wellbeing and mental health is a priority for us.

I would like to open up the school for parents and carers on Friday from 8.30am – 9.30am and again from 2.15pm – 3.15pm to offer an opportunity for you to drop in to have a chat with each other. I will also show you a short presentation on the WAS Award (Wellbeing in School Award) which is something we have been working towards. Light refreshments will be provided and a number of staff from the Pastoral team will be available. It would be lovely to see as many of you as possible.

Lastly, in the newsletter this term I will be launching a parent survey around the theme of Mental Health and Wellbeing, and you will be provided with an Internet link where you can offer your feedback on what we do well and what we could do even better. Staff have recently completed a survey and students will be completing one next week in class teams. Once all the results have been collated I will share these with you so you know what our priorities will be!

Have a lovely weekend and I hope you can join us on Friday.

Kindest regards

Tracy Hall  
Head of School