

08.10.2020

Dear Parents and Carers

As we approach the winter months this can, for some of us, be a challenging time. This year, perhaps more than in previous years, we are mindful of just how difficult things can be for members of our school community and we want to continue to support all areas of emotional health and mental wellbeing in the best way possible. At Copleston we seek to highlight the importance of mental health and well-being throughout the school year but on this occasion we would also like to take the opportunity to promote World Mental Health Day which is on Saturday 10<sup>th</sup> October. As part of promoting World Mental Health Day we are sharing a wide range of resources within this letter from a variety of evidence-based organisations.

This year has been a difficult one for many of us and we have all experienced very different emotions over the last few months.

In May of this year the following film highlighted the issues that many people were facing. We believe that it is still pertinent today and would urge you to take some time to watch it.

[Watch Film](#)

The charity Heads Together aims to ensure that people feel comfortable with their everyday mental wellbeing and that they are not prevented from getting the support that they need. A link to information from Heads Together can be seen below.

[Heads Together](#)

According to research (carried out by the charity MIND) more than half of adults (60%) and over two thirds of young people (68%) felt that their mental health had suffered to some extent during the recent period of lockdown. It has been found that many individuals have developed new mental health problems as a result of the pandemic and, for some, existing mental health problems have become worse.

This year on Saturday 10<sup>th</sup> October MIND are suggesting that we “Do one thing today”. Whether it's going for a walk, learning a new skill or doing something creative it is felt that these activities can really help to support mental health and well-being. There are many downloadable resources on the MIND website which can be accessed below.

[Mind Website](#)

The World Health Organisation (WHO) also recognises the importance of World Mental Health Day and their theme is “Mental Health for All”. The WHO is also holding an international Big Event to celebrate Mental Health Day on Saturday – details on how you can access this can be found at:

[World Health Organisation Website](#)

The organisation, Time to Change has developed resources for employers, universities and the general public on a wide range of mental health topics and the Rethink Organisation has also provided resources to support mental health awareness for all. These can be accessed in the links below.

[Time to Change Website](#)

[Rethink Website](#)

Details of events organised by the World Federation for Mental Health can be found below and these are also very thought provoking.

[World Mental Health Day](#)

At Copleston we will continue to support members of our school community with their wellbeing and wish to take this opportunity to remind you of previous support strategies that we have highlighted throughout the last few months.

[Wellbeing Newsletter 1](#)

[Ways to Help](#)

[Easter Wellbeing Poster](#)

[Blue Sky & Cloud Meditation](#)

[Summer Wellbeing Newsletter](#)

Thank you for taking the time to look through some of these resources. We are here to support you where we can, and will continue to do so. If you are worried about the emotional health of a child in your care, you can call the appropriate Leader of Learning (LoL) to discuss. They will be able to discuss your concerns and liaise with our Wellbeing Consultant or wider pastoral teams as necessary. If you would like to talk to local services outside of school, you can contact the emotional wellbeing hub.

[Emotional Wellbeing Hub](#)

Additionally, a wide range of further local support services are listed on the Source website which can be accessed in the link below.

[The Source](#)

With my very best wishes

Mr AB Green

Principal