



# Saint Joseph's

CATHOLIC SCHOOL

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Thursday 12<sup>th</sup> October 2023

Dear Parents / Carers,

You may be aware already that St Joseph's will be taking part in recognising World Mental Health Day 2023 in school tomorrow (Friday 13<sup>th</sup> October). The following will be taking place to mark the day, raise awareness and signpost students to support for their mental health and well-being:

**"Wear it yellow"** – Students are not required to wear school uniform and are strongly encouraged to display the colour yellow on their person (token gestures such as socks, hairbands, bracelets etc. are all easy ideas) to help promote awareness of the importance on wellbeing and mental health. We are asking all students for a voluntary donation of £1 – this can be made either via the SchoolGateway or in-person on the day. All money raised will be used directly to fund additional specialist training for school staff to enable us to best support students with the mental health challenges.

**Find your Force by HeadSpace** – Headspace is one of the leading wellbeing and mental health apps in the world and have produced large amounts of content to help students understand and manage their own wellbeing and mental health. Throughout the day, at the start of each lesson, students will be shown a series of clips each designed to promote a different aspect of managing their wellbeing and mental health.

**KEY INFO: New Mental Health & Wellbeing Webpage** – We have been working hard to collect and collate the most useful apps, websites and guides to students and parents to manage and improve student wellbeing and mental health. Our new webpage where all of these resources can be found has now gone live at <https://sjcs.org.uk/mental-health-wellbeing/> – if your child is experiencing difficulty with their wellbeing or low mood we advise that this be your first port of call for seeking intervention. We want to empower all students and their parents / carers with the tools and knowledge to be able to promote positive management of their wellbeing and mental health at home, the place where they feel most comfortable and safe.

Thank you for your ongoing support in promoting and encouraging positive wellbeing and mental health amongst the St Joseph's Catholic School community.

Yours sincerely,

The SJCS Pastoral Team