



ABINGDON

From Head of Wellbeing: Paul Gooding

7 May 2021

Dear Parents and Carers,

### **Mental Health Awareness Week 2021**

Next week we are spending time with the students marking mental health awareness week. The theme this year is spending time in nature.

I remember an expedition many years ago to central Alaska with a group of 6<sup>th</sup> formers from across UK schools. Whilst we took part in long distance hikes through the mountains and rafting trips down the Yukon, the highlight for many students was the *24 hour solo* in the wilderness away from camp, alone. I remember how fondly the students spoke of this time alone in nature and the positive impact on their mental health. There are many positive benefits of spending time in nature for our mental health and a range of staff will be sharing their own experiences with students throughout next week. I hope the students find these stories inspiring!

I would encourage you to have a look at the link [here](#) and to encourage your children to spend time outdoors in nature and to raise this theme in conversations at home during this season.

I pass on these websites which are also well worth a look at as we support the students in navigating the teenage years more generally at this time.

<https://www.themix.org.uk/>

<https://youngminds.org.uk/find-help/for-parents/>

Students also have a range of wellbeing webpages, to support them, on a large range of topics through the Firefly platform.

Do also follow us on Twitter [@ Ab Wellbeing](#).

Thank you for supporting us with this initiative.

Best wishes

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