



From: Paul Gooding, Head of Wellbeing

3 October 2022

Dear Parents and Carers

World Mental Health Day

Monday 10 October marks World Mental Health Day and it serves as a great opportunity to reflect on how we can support our students, your children. I would encourage you to watch [this video](#) as a starting point.

If you haven't done so already please do take the opportunity to follow us on Twitter [@Ab_Wellbeing](#) where we will be posting various updates on mental health and wellbeing. **Do save the date of our parents' pastoral webinar, "Navigating the Teenager Years", on Monday 7 November at 7pm** (further details to follow in the weekly mailing) where we will be talking about how we can support students' mental health and wellbeing.

Two top websites which are worth bookmarking in supporting your children are [The Mix](#) and [Young Minds](#). I would encourage you to have a look at them as they offer a great deal of support and advice on a range of topics.

Other useful links for parents include

Emerging Minds resources, which can be found here: <https://emergingminds.org.uk/>

And, The Public Health England site *Every Mind Matters* includes advice for parents and carers which can be found here:

<https://www.nhs.uk/oneyou/every-mind-matters/>

I hope these are useful for you.

Finally, I believe that looking after our mental health or mental fitness is just as important as our physical health. This is a topic that our students will be exploring in PSHCE and tutor group sessions as per our RSE programme [HERE](#).

Thank you in anticipation of your support from home in reinforcing these key messages.

Best wishes

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