



From: Head of Wellbeing, Paul Gooding

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Dear Parents and Carers

World Mental Health Day

Tuesday 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. We will be flagging this day with students at school as well as signposting them to the support channels here in school.

If you haven't done so already please do take the opportunity to follow us on Twitter (https://twitter.com/ab_wellbeing) where we will be posting various updates on mental health and wellbeing.

Two top websites which are worth bookmarking in supporting your child 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 really useful links, podcasts and apps well worth dipping into include:

[Lisa Damour podcast 'the psychology of parenting'](#). Her podcasts cover topics such as: how much gaming is too much, challenging perfectionism, vaping, phones and organization, amongst others.

[Charlie Waller Trust](#) - a wide range of resources for parents/carers and these [videos from CWT](#):

[The CAMHS resources page](#). This page has some really useful apps and downloads too.

The Public Health England site [Every Mind Matters](#) includes advice for parents and carers.

I hope these resources are useful for you. Do please take time to look through them when you have a moment.

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/RSE and tutor group sessions as per our RSE programme [HERE](#).

Thank you in anticipation of your support from home in reinforcing these key messages around mental health and wellbeing.

Best wishes

Paul Gooding
Head of Wellbeing and PSHCE

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE

Tel: 01235 521563 Fax: 01235 849079

www.abingdon.org.uk