

Ref: AOL/CCB/KDE

10 October 2023

Dear Parent or Carer,

Event: Plume Student Wellbeing Week to Support World Mental Health Day 2023
Dates: Monday 9 October - Friday 13 October 2023

I am delighted to inform you that Plume Academy will be acknowledging World Mental Health Day 2023. World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilise efforts to support those experiencing mental health issues. We have planned several themed activities during this week to highlight the importance of wellbeing, positive mental health and to further outline the support available to our students, families and staff.

All our student focused activities during this week are linked to *The World Federation for Mental Health (WFMH)* theme for World Mental Health Day 2023, which is 'Mental health is a universal human right' and the *YoungMinds* resources on 'How you feel matters'. With everything that is happening around us right now, it can be easy to feel powerless, but there are aspects of our life we can manage and control. We want our students to embrace what is in their power to start doing, stop doing or change – something that will support their mental health. This World Mental Health Day, we are asking them to consider what they can do to make mental health their Number 1 priority.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help. Families seeking support and guidance relating to the mental health of their child are, as always, welcome and encouraged to contact Mrs Pipe (Student Achievement & Progress Manager-College) in the first instance. Additionally, our academy website link below offers some useful, safe, self-help support for mental health/emotional wellbeing issues at <https://www.plume.essex.sch.uk/mental-health>.

Finally, if you have any questions relating to Plume Academy's provision during this week, please do not hesitate to contact me.

Thank you for your continued support.

Yours sincerely,



Mrs Alison Ollett
Whole Academy Mental Health Champion