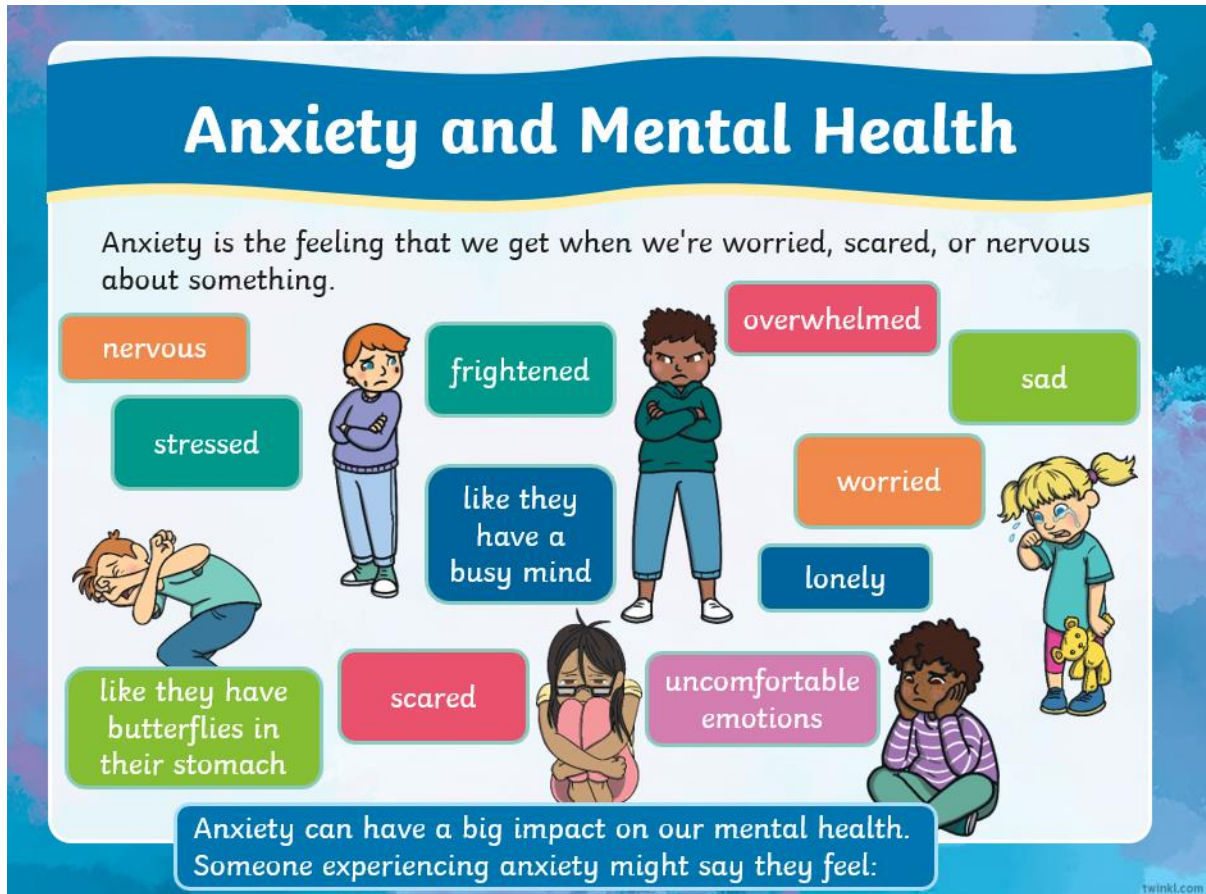


Next week is Mental Health Awareness Week and in school we will be exploring what mental health is, why it is important to look after our mental health and how we can do this. Each year, Mental Health Awareness Week is held to help people of all ages to explore what mental health is, what we can all do to look after our own and each other's mental health and understand that it is good to talk about how we are feeling. Every year, Mental Health Awareness Week has a theme. This year, the theme is 'Anxiety'.



Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole. Mental Health UK have put together some useful resources including ideas on how to discuss anxiety, and quick and easy techniques to help ease anxiety. The link to the website is below so please do visit it and explore the resources available.

<https://mentalhealth-uk.org/mental-health-awareness-week/#resources>

On Wednesday 17<sup>th</sup> May we will be having a whole school assembly to introduce this year's theme. Later in the week each class will be discussing the theme further and completing a variety of activities.

Many Thanks

K Lucas

PSHE RSE Lead