

5th May 2023

Dear Parents/Guardians,

**Re: National Mental Health Awareness Week - Monday 15th May - Sunday 21st May 2023**

At Ruislip High School we understand how important it is for us to prioritise our mental fitness as well as our physical fitness. This year National Mental Health Awareness Week takes place between Monday 15th May and Sunday 21st May 2023. During this week, tutorials and assemblies will focus on this year's theme of Anxiety and ways to help deal with this issue. Students will also watch a video presentation delivered by the Trust's Safeguarding Lead, Adam Walthaus on this subject.

As a school, during Mental Health Awareness Week, we will be challenging ourselves to spend at least 30 minutes every day doing something that is either physical, creative or relaxing. It could be as simple as going for a walk, reading a book, painting a picture, playing some music or going for a run. The concept, as recommended by the World Health Organisation, centres around finding time every day for ourselves to unwind and rebalance our minds and bodies, enabling us to cope better with the challenges of life; you as a parent/guardian may even wish to participate yourself!

If you have any further questions regarding any of the above activities, parents/guardians should contact me via the main school office.

Yours sincerely



Mrs Martina Read  
Assistant Pastoral Director