



...your journey to success starts here.

**We are kind | We are a team | We try our best  
...and we keep on trying!**

**Kindness | Teamwork | Resilience**

## Mental Health Awareness Week (Wc 13.05.24 - 19.05.24)



The aim of Mental Health Awareness week is to raise awareness of Mental Health, creating a better understanding, reducing stigma and helping our young people learn that it is ok not to be ok.

Over the course of the week, we will continue to raise the profile of Mental Health support for our pupils to help our pupils to develop strategies in order to face life's challenges and seek support with their social, emotional & mental health.

This week at The Compass, let's all get on board in raising the awareness of Mental Health. Celebrating positive mental health whilst raising awareness, developing strategies and empathy to recognise and deal with negative Mental Health.

If you are worried or concerned about your child's mental health or wellbeing, please do not hesitate in making contact at the Academy to discuss any appropriate support or interventions that can be put in place to support your child




### Key contacts:



- Miss Murray (Mental Health Lead in School)
- Mrs K Brown (Assistant Vice Principal-Safeguarding, Behaviour and Pastoral Care)
- Mrs H Lockyer (Assistant Vice Principal-SENCo)
- Mrs D Coyle (Family Liaison Lead)

**Over the course of this week, your child will participate in a range of activities including:**

- Creating a space at social times - The talking table. This will help us to listen to others whilst discussing our own perceptions of mental health, in a calm safe environment.
- Expressing our emotions into our classroom emotions jars - a prize is available for the group who manage to express the most emotions by the end of the week.
- Wearing our mental health merchandise with pride.
- Enjoying our specially adapted cooking sessions.
- Enjoying the sound of daily music as we enter the building.
- Taking part in a range of kindness challenges

**Please see the below calendar of events scheduled over the course of this week:**

<b>Motivational Monday</b>		<p>Today is a recognition of the level of motivation that can be required to begin a new week.</p> <p>Let's begin our day by launching our class emotions jars, an easy way for you to offload your feelings in a confidential way, giving you a spring in your step to start your day.</p> <p>Or maybe you need a listening ear, something you want to discuss or a problem you want to half, why not join us at the launch of our talking table at lunch.</p>
<b>Talkabout Tuesday</b>		<p>Today is all about the importance of talking. Built up worries and emotions can have a negative impact on our mental health.</p> <p>It is important that every single person within our school both staff and students, has someone they can talk to if they have a problem/worry no matter how big or small.</p> <p>Why not write a message on one of our talking cards and hand it to your person, whether this is a question, a compliment or just an acknowledgment you know they are there if you need them.</p>
<b>Wear your colour Wednesday</b>  <b>Non-uniform day!</b>		<p>Today will be our day of colour! According to colour theory, colours can soothe emotional problems. Also known as chromotherapy or colour healing, colour theory suggests that specific colours have a physiological and psychological impact on our feelings and behaviours.</p> <p>So we want to see you all in your clothing of colour. What colour will you wear? <b>Non-uniform is permitted!</b></p>

<p><b>Turn to me Thursday</b></p>		<p>Throughout our lives there will be times that we have to reach out and request that support/conversation which may be needed at the time in order to support or strengthen our mental health.</p> <p>Today the power is in your hands! There will be several available appointment slots to meet with our Mental Health Lead (Miss Murray) in the ELSA area.</p> <p>The appointment sheet will be displayed on the ELSA notice board in the Dining Hall. Using your independence, feel free to book your own slot by writing your name in an available appointment time. You may wish your appointment to be on your own or even with a friend!</p>
<p><b>Feel good Friday</b></p>		<p>Today is all about feeling good! Let's end our week on a high in the sunshine.</p> <p>In our class groups, let's join Miss Murray for a 'walk and talk' around the school field, along with a scrumptious iced treat.</p> <p>Remember...talking, along with exercise is a key strategy to use when encouraging positive mental health.</p>

## A closing comment...

We hope that your child enjoys participating in the above events and benefits from the additional support provided by the staff team. As a team, we recognise and value the impact that promoting positive mental health and wellbeing can have.

Please congratulate your child and share the positivity of the week!

*Team Compass x x x*