

**Friday 4th February 2022**

## **Dear Parents and Carers,**

The mental health of our staff and students is a key priority at Shrewsbury Academy and our provision is growing from strength to strength. This will ensure staff and students feel supported and equipped to prioritise their mental health and the mental health of others.

Next week we will be participating in a range of activities as part of 'Children's Mental Health week'. The theme of this year's Children's Mental Health Week is Growing Together. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt, and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

The week is aiming to raise awareness of the importance of mental health and well-being and to equip our young people with coping strategies and to provide support for those who may be struggling with aspects of their day to day life.

Our students will focus on mental health and reflection in their weekly PSHE lesson, attend a virtual assembly and Year 9 and 10 students will also participate in a live video lesson on Wednesday raising awareness of LGBTQ+ history and challenging stereotypes.

## **Parent support**

As parents and carers, you play an important role in your child's mental health. You will receive an email with a link to access activities that can be completed with your child at home and various resources you may find useful.

We thank you in advance for your support and involvement in the week, to help us raise awareness of this very important topic.

*Mrs Marston*  
**Deputy Headteacher**



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