Dear Parent and Student,

This week I want to commend to you the work of our 6th Form A Level Psychology Students in raising awareness of the ‘World Mental Health Day’ which took place on Thursday 11 October.

Young people are acutely aware of not only physical health needs but also mental health needs. The message is clear – awareness and being proactive to prevent is the key. In terms of awareness, the 6th Form students shared the following information with all students in school.

**Mental Health Awareness Week**

**What is mental health?**

Mental Health is the well-being or an absence of mental illnesses. It means we have to care for our minds all the time, just like we care for our physical health!

Having a good mental health supports us to feel good about ourselves so we are able to cope with life’s ups and downs.
Ways of looking after our Mental Health

There are many simple ways of looking after our mental health. Ways such as:

- having a good night’s rest;
- eating well and healthy;
- drinking lots of water to stay hydrated;
- having good friends and family we can talk to;
- talking to other people who we trust about how we feel;
- enjoying ourselves by engaging in activities that we enjoy.

What if our mental health isn’t feeling healthy?

It is okay to not feel mentally healthy all the time! We don’t feel physically healthy at all times either.

Mental health problems may affect people in different ways, ways such as:

- difficulty dealing with stress;
- feeling sad and down;
- difficulty concentrating;
- ... and many more.

There are many ways of getting support for yourself and others.

Talking about how you feel

A way of helping one another is to talk to friends and family about how you are feeling. Talking might include:

- asking our friends if we feel something is wrong;
- showing each other care and affection;
- telling somebody that you care.
Clearly the advice is that there are so many people there and willing to help and we urge our young people to seek assistance if they are feeling unhappy, anxious, low or stressed. We also urge parents to communicate with us and let us know if there is something of concern occurring. Together – our young people, parents and staff – we can enable good mental health and good support when there is the need.

On this, or any other matter, please do not hesitate to be in contact.

Very Best wishes

Kathleen M Higgins
Executive Headteacher
Word of the Week

transpire (verb)

tran-spahyuuh

Definition:
- 1. To come about; happen or occur.
- 2. To become known; come to light.
- 3. To give off vapor containing waste products, as through animal or plant pores.

Usage:
- No one will ever forget the historical events which transpired on 11th September 2001.
- A plant transpires more freely on a hot, dry day.

Synonyms:
- arise
- befall
- come about
- ensue
- develop
- take place

Etymology
- Prefix - From the Latin, trans, meaning across, beyond.
- Root - From the Latin, spirare, meaning breathe.