



ST MARGARET WARD CATHOLIC ACADEMY



Little Chell Lane
Tunstall
Stoke on Trent
ST6 6LZ

Telephone: 01782 883000

Pupil Absence Line: 01782 883003

Email: office@smwca.org.uk

Website: <http://www.stmargaretward.co.uk>

Principal: Mr. D. McKenna B.Soc.Sc. MA. PGCE. NPQH.

03A/MentalHealthAwarenessWeek/HMF/LB

11th May 2021

Dear Parent(s)/Carer(s)



St Margaret Ward Catholic Academy is celebrating Mental Health Awareness Week.

This year the theme is Nature and how connecting with the natural world can support good mental health.

Monday 10th May 2021 marks the launch of Mental Health Awareness Week, the UK's national week to raise awareness of mental health.

The week, which is hosted by the Mental Health Foundation, is in its 21st year and runs from 10-16 May.

This year, the theme for the week is 'Nature'. Across the country, people will be celebrating the mental health benefits of being around nature in their local community in a range of digital and creative ways.

St Margaret Ward Catholic Academy is launching a creative challenge, '**Mindful in Nature**'. All year groups will unite to help reduce the stigma of mental health and promote positive wellbeing.

Involvement will be optional and we would like you to take the opportunity to send us something creative which represents the concept of taking time out to be at one with nature. Students, staff and parents may choose to send in a piece of art work, a poster, a piece of creative writing, a song or a photograph.

We will be delighted to receive your contributions until Friday 28th May, via post or email, using the addresses on this letter.

Mark Rowland Chief Executive of the Mental Health Foundation said: "Mental Health Awareness Week has grown to be one of the biggest awareness weeks in the UK. This year the theme is on nature and its central role for our mental health. Since the beginning of the pandemic, millions of us turned to nature to help us get through lockdowns and our research shows that good mental health depends on us being able to connect with nature in some way and its power in both prevention of and recovery from poor mental health.

"During the week, we want to hear millions of people's stories about how the natural world has supported their mental health.

"We also want to highlight the huge disparities between who is and who isn't able to access nature. We want the week to explore how everyone across the UK can connect with nature and experience the mental health benefits wherever they live."

If you require this information in a different format, please contact the school.



In addition to our creative challenge and the information on our website here are some other ways people can participate in Mental Health Awareness Week:

- During Mental Health Awareness Week, why not try to make a habit each day of connecting to the nature in your local area? Stop to listen to the birdsong, smell the freshly cut grass, take care of a
- house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.
- Share images/videos/or just sound recordings of the nature on your doorstep (and how this made you feel) on social media using **#ConnectWithNature** and **#MentalHealthAwarenessWeek**
- Use Mental Health Foundation resources in your family, school, workplace and community to join with thousands of people who will be finding new ways to connect with nature in their local environment.

For more information about this year's Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using **#ConnectWithNature** and **#MentalHealthAwarenessWeek**

For Mental Health Foundation interviews and information please contact press@mentalhealth.org.uk or call 07702 873939.

About the Mental Health Foundation

- Our vision is of good mental health for all.
- The Mental Health Foundation works to prevent mental health problems.
- We drive change towards a mentally healthy society for all, and support communities, families and individuals to lead mentally healthy lives with a particular focus on those at greatest risk.
- The Foundation is the home of Mental Health Awareness Week.
- www.mentalhealth.org.uk

Thank you for taking the time to read this letter and I hope we can continue to raise awareness of how to achieve and maintain good mental health and wellbeing.

Take care and have a good week.

Yours faithfully



Mrs H Farrer
Assistant Principal

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