

Website information



Mental health Awareness Week – 10th-16th May

This week all students in our academy will be reflecting on what mental health means to them and learning about the '5 ways to Wellbeing'.



The theme for MHAW this year is all about 'connecting with nature' and getting outside has proven benefits for our physical and mental health.



E-Act are challenging all staff, students and their families to get outdoors and into nature for a least 30 minutes every day this week.

So why not go out for a walk, play a game of football or a have a run. Sit and read a book outside, create a collage using nature or draw what you see from your window.

If you can, send in pictures of your child and your family or friends connecting with nature this week!

Photos can be sent to Sarah.Bloor@E-Act.org.uk

Useful Links & Documents:

Young Minds - [YoungMinds - children and young people's mental health charity](#)

Mental Health Foundation - [Mental Health Awareness Week 2021](#)

Stem4 - [stem4 - supporting teenage mental health](#)

NSPCC - [Signs That a Child Is Suffering From Mental Health Issues | NSPCC](#)

MHAW Parental Guide -