



May 2025

Ref: DPJ/TD

Dear Family,

Mental Health Foundation – Awareness Day
Wear an item of Green!
Friday, 16 May 2025

I would like to take this opportunity to introduce myself and invite your child to take part in a Mental Health Awareness Day. I started my role as School Counsellor at Shireland Academy in September 2024, offering one to one and group support to students who are experiencing mental health symptoms, such as low mood, anxiety and low self-esteem. I believe it is important for all the students to look after their health and wellbeing to help them achieve their future aspirations.

To help bring more awareness around the importance of mental health, we are excited to announce a Mental Health Awareness Day, raising funds in support of the Mental Health Foundation. Since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week, bringing the UK together to focus on getting good mental health. This year, the week takes place week commencing Monday, 12 May 2025 and the theme is '**community**'. Please see below a link for further information about the Mental Health Awareness Week and the Foundation.

[Mental Health Awareness Week | Mental Health Foundation](#)

Staff and students are invited to wear items of green in return for a minimum of £1 donation. Students may decide to wear either ALL green or a green item of GREEN clothing to accompany their academy uniform. By going green, you can support the foundation in carrying out vital research and delivering programmes for different communities, as well as promoting the importance of mental health within our community.

This is not a regular non-uniform day, and we will request that families bring their child's uniform to the academy if items of clothing are worn which are not predominantly green.

Parent Pay donations must be made prior to Friday, 16 May 2025 and students may bring donations on the day.

Yours sincerely

Mr D Page-Jones
School Counsellor

Mr T Daly
Principal