



April 2025

Ref: KB/AC

Dear Family

### **Mental Health and Wellbeing Café for students**

We are pleased to inform you about the launch of **our Mental Health and Wellbeing Café for students**, starting on Monday, 12 May. This initiative aims to provide a supportive and engaging space for pupils to discuss mental health and wellbeing topics.

**Details:**

- Start Date: Monday, 12 May 2025
- Schedule: Every Monday from 3:30 pm to 4:00 pm
- Location: BMS

**Why Mental Health Matters:**

Mental health is a crucial aspect of overall wellbeing. It affects how we think, feel, and act, and plays a vital role in how students handle stress, relate to others, and make healthy choices. By fostering a positive mental health environment, we can help our students thrive both academically and personally.

**The café will offer students the opportunity to:**

- Share their experiences and learn from each other.
- Gain valuable insights and tips to improve their mental health.
- Support one another in a relaxed and friendly environment.

**Opportunities for Parents:**

We understand the importance of parental involvement in supporting students' mental health. Therefore, we are offering opportunities for parents to attend some sessions. Further information will be shared at a later date. This will allow you to gain insights into the topics discussed and learn ways to support your child's mental wellbeing at home.

We believe that mental health and wellbeing are crucial for our students' overall development and success. We encourage you to discuss this initiative with your child and support their participation. These sessions will be run by Mrs K Barton, Pupil Mental Health and Wellbeing Lead.

Thank you for your continued support.

Yours sincerely

Mrs K Barton  
**Pupil Mental Health and Wellbeing Lead**

Mr T Daly  
**Associate Principal**