



World Mental Health Day – Tuesday 10th October 2023

Today, we have celebrated World Mental Health Day in school. This day is about raising awareness of mental health and driving positive change for everyone's mental health.

This morning we listened to an ITV assembly 'Let's Get Talking' presented by Ant and Dec. It helped us learn that looking after our mental health is just as important as our physical health.

'Let's Get Talking' is about ensuring we have those conversations to help us talk about our problems, fears, worries in a safe space, where we all feel listened.

In school, we encourage children to talk about any worries and discuss how we can reduce worries through different strategies and techniques.

Good mental health can be maintained by:

- a healthy diet
- physical activity
- connecting with people
- learning new skills
- helping others
- being in the moment (mindfulness)

Further Support:

There are lots of support services and advice available to support both children and adult mental health. The links can be found on our website in the Parent's section – Mental Health - <https://www.thornhill.durham.sch.uk/parents/useful-links/>

There are also specific services available for pupils/parents in school through our partnership with Piece of Mind Team. Please contact school if you ever feel like you need any support for your child or yourself and we will try our best to help.

A reminder that the Piece of Mind Team will be hosting an informal coffee morning on Wednesday 25th October at 2pm and Kim, our Family Navigator, will be giving a little presentation on anxiety. She will also be there to talk about anything else from sleeping, referrals in CAMHS, support with routines etc. It would be great to have parents come along!