

Re: Favourite Things – mental health awareness day film

Dear parents & carers

As we approach World Mental Health Day on **Saturday 10th October** we thought it would be a good opportunity to raise awareness of this increasingly important issue. The Mental Health Foundation describe being mentally healthy as having the ability to:

- **feel good about ourselves**
- **make and keep positive relationships with others**
- **feel able to manage our feelings rather than feeling overwhelmed by them**
- **have interests or hobbies that we enjoy**
- **feel hopeful and positive about the future.**

It is estimated that up to 10% of children and young people struggle with their mental health at some point.

We would like to help support the work of the Mental Health Foundation by raising awareness of the issues around mental health with all members of the school community. We would like you to share a photograph(s) of your family doing something which promotes well being. These pictures will be turned into a film called “Favourite Things” which will be shared on the school’s social media for all to enjoy. The photo can be anything from your favourite hobby to how you like to relax.

Suggestions and top tips from the Mental Health Foundation include:

- **Talk about your feelings**
- **Keep active**
- **Eat well**
- **Drink sensibly**
- **Keep in touch**
- **Ask for help**
- **Take a break**
- **Do something you’re good at**
- **Accept who you are**
- **Care for others**

Please do send in any photos of activities undertaken over the weekend of October 10th & October 11th 2020 and we will share them as a social media film for all to see. You are welcome to choose something from the list above or share something totally different – everything goes. Please send pictures to gwillatt@ecclesall.sheffield.sch.uk and we will aim to publish our very own “Favourite Things” film.

For more information about keeping yourselves and your families mentally healthy do take a look at the Mental Health Foundation Website: <https://www.mentalhealth.org.uk/>