



High Down Schools

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High Down Schools Mental Health Newsletter

Welcome to our Mental Health Newsletter. Next week is International Mental Health Awareness Week and we thought it would be a good opportunity to share with you the number of things available to you and your families during these challenging times. The theme this year is around 'Kindness' which has been so evident nationally but also locally. I have been amazed and proud of the way in which our community has come together to support one another.

The weeks and months ahead will continue to be challenging but I am sure that we will get through this.



Taking daily exercise is so important for our mental health and I know that many children (and adults!) have been making the most of the sunshine to enjoy local walks and other activities. When teachers have spoken with families, they have been thrilled to hear what you have been up to.

Running and local walks with my family have certainly helped me and I have been amazed to discover new places right on my doorstep!

In recent weeks, we have shared a number of useful resources and websites to access at home with your children. Attached are a few of more of these as there are some fantastic resources available. You will also find more on our school website under the 'School Closure Information' section.

If you need any further support about how we can support your families, then please get in touch by emailing office@highdownschools.org

In the meantime, take care and look after yourselves physically and mentally.

Kindest regards,

Mr Rhodri Hopkins

Executive Deputy Headteacher

High Down Schools

