

Aspiration
Respect
Endeavour

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Roding Valley
HIGH SCHOOL

15 to 21 May 2023

**Mental Health
Awareness Week**



#ToHelpMyAnxiety

16th May, 2023

Dear Parents / Carers

I hope that this letter finds you well. The 15th - 21st May, 2023 is **Mental Health Awareness Week** and the theme this year is **anxiety**. The links shared below offers some tips on coping with anxiety and the link gives a little more explanation of the importance of the week ahead and some signposting for support.

[Coping with anxiety tips](#)
[Mental Health Awareness Week](#)

As a school community, we will be highlighting, as we regularly do, mental health and wellbeing and in particular, focussing on recognising and coping with anxiety. This will take place through Period 1 sessions and assembly.

On Friday 26th May, 2023, we would encourage students (and staff) to wear a **single item of green** alongside their usual complete and correct school uniform to show our support and recognise the importance of Mental Health and wellbeing. This **single** item could be a green shirt in place of their white shirt, or a pair of green socks in place of black socks, a green hair band and so on. We do expect the rest of the students' uniform to be correct and for the item of green to be appropriate for school.

It is important to us that our community collectively understands and acknowledges national days and events such as this so thank you for your ongoing support.

Yours faithfully

Ms T Preston
Head of Personal Development

Mrs S Dyer
Deputy Headteacher



school
achievement award
department for education and skills



INVESTORS
IN PEOPLE | Bronze