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11th October 2022

Dear Parents/Carers,

Mental Health Awareness

It was Mental Health Awareness Day on Monday and the children celebrated this by wearing yellow. It was lovely to see the array of different bright colours around school. Thank you for donating money for this. In total we raised £115.00.

I wanted to let you know what we have been doing in school over the summer and this half term to improve mental health across school. For staff mental health and well-being, we have revamped the staff room into a staff hub which is a place for staff to go to have time to relax and offload.

We are currently working on the children's hub. The children have given us their ideas of how they would like the room to look and what things they would like in there. They have come up with ideas for a mural that will be hand painted by a local artist. They have also asked for bean bags, sparkly lights, cushions and fidget toys. This will be a place for children to go to if they need to speak with the learning mentor or if they need some down time with some other children in a quiet and calm environment.

In addition to the creation of this children's hub, we have also asked the Year 5 and 6 children to come forward and nominate themselves as mental health and well-being champions. If any children feel uncomfortable speaking with an adult in school, then these champions will be available to offer peer on peer support. They will of course be taught about the importance of confidentiality as part of their role. We are pleased to announce that our mental health and well-being champions are:

Year 5 – Will, Esme, Zara and Jacob

Year 6 – Amelia, Rhys, Jayden and Rosie

You will have noticed that we now send out a well-being newsletter each half term which will continue throughout the year. We will also be putting up a parent noticeboard with information about support for mental health and well-being.

We believe that supporting mental health in children and adults is of paramount importance and we will continue to support the whole school community. If you have any suggestions, please let us know.

Yours sincerely,

Hannah Young
Headteacher