

8 May 2026

Dear Parents and carers

Next week is **Mental Health Awareness Week** and the Mental Health Foundation are asking people to join them in taking action to support good mental health. Even small actions can help us feel hopeful and less powerless. While our individual actions matter, when we come together, we are even more powerful.

To mark Mental Health Awareness Week we have organised the following to take place:

- [Sparkfish](#) will be hosting '**Think Space**' wellbeing activities in their Gazebo **all week long**. Each KS3 class will experience one session in the space and drop-in sessions will also be available at break and lunchtime
- **Throughout the week** there will be **wellbeing tutor sessions** for each year group
- On **Wednesday 13 May** at 18.30 parents and carers are invited to a **FREE parenting coaching course** in our library, **Antares**. The session will run for around one and a half hours. It will be delivered by **Jelena from Balanced Parenting** and will offer practical guidance, strategies, and support to help with everyday parenting challenges in a warm and informative setting. If you would like to attend [please complete THIS FORM](#) so we can confirm numbers
- On **Friday 15 May** will be **own clothes day** for EVERYONE for a £1 donation toward Sparkfish, so please encourage your young person to **wear something green** (even if small).

Best wishes

The Carrington Team

