



6 September 2024

Dear Parent/Carer

I am writing to inform you, in advance, that Tuesday 10 September marks World Suicide Prevention Day.

To mark this day tutor groups in Year 8 to 11 will have one of their tutor sessions next week discussing this. Please note Year 7 tutor groups will be following a different tutor programme, but on Tuesday World Suicide Prevention Day will briefly be mentioned.

We are aware that this is a sensitive topic and that some students may find this triggering for a multitude of reasons. The theme for this year's World Suicide Prevention Day is 'Change the Narrative' and seeks to change the discussions around the topic. As such the tutor time session will focus on talking about mental health and breaking the silence/stigma around mental health and in turn how this can prevent potential suicides.

The discussion focuses around what young people can do to support each other, including:

- Be open with people you trust, speak up.
- Have conversations about your wellbeing/mental health, ditch the stigma.
- Speak to a member of staff at school if you're concerned about yourself or others.
- Think before you speak, the words we use can impact others.
- Be kind and considerate to others, you don't know what people are going through.
- It's okay not to be okay, everyone experiences good and bad mental health days.
- Talking about mental health can make life saving differences.

Attached to this letter is a resource we have put together for parents to support their children and it mirrors the majority of the content students will see next week.

Should you wish for your child *not to take part* in the tutor activity next week, or you believe your child will require support following the tutor activity please complete the linked form <https://forms.gle/hHVT9Wpjmk2kWMSw5>

If there is anything you wish to discuss please do not hesitate to contact Miss Surrage at csurrage@heathfieldcc.co.uk.

Yours sincerely

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Headteacher

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Safeguarding & Wellbeing Manager



Distinguished School



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