



20th January 2025

Dear Parents/Carers,

Mental Wellbeing/Mindfulness Assemblies

I just wanted to inform you about upcoming assemblies this week during registration, focused on mental wellbeing/mindfulness. This assembly is part of our ongoing efforts to support our students' emotional health and create a positive, open environment for discussing mental wellbeing.

The goal is to help students understand that mental wellbeing is just as important as physical health, and to encourage them to seek help when needed, without fear of stigma. We also want to emphasise that open conversations at school and home about mental wellbeing can further empower our students and provide them with the tools to manage their emotions. Anna Freud has produced guidance for parents/carers on how to engage in conversations around this topic: [talking mental health with children at secondary school](#)

If you would like more information about resources available to our students, please visit the wellbeing page of the Avonbourne Academy website. There is also additional information for parents/carers:

[Avonbourne Girls' Academy](#)

[Avonbourne Boys' Academy](#)

Additional resources for parents and carers:

Young Minds – [Parents A-Z mental health guide](#)

Charlie Waller – [resources for parents and carers](#)

NSPCC – [children's mental health](#)

Yours sincerely,

Natasha England
Designated Safeguarding Lead