

Safeguarding Snapshot - 22.05.26

Mental Health Awareness Week

Last week (11th May – 17th May) marked Mental Health Awareness Week, an annual campaign run by the Mental Health Foundation.

Over the last few years, the conversation around mental health has opened up significantly. Our children are learning more about emotional resilience, and as a society, we are breaking down the stigma surrounding mental health. But awareness is only the first step. That is why the theme for 2026 is 'Action'.

In assembly this week students were encouraged to take action to develop good mental health and wellbeing by:

- Being physically active
- Spending meaningful time with friends and family.
- Well balanced nutrition
- Getting enough sleep

The Mental Health Foundation is challenging all of us to move beyond just talking. This initiative acts as a reminder that real change happens when we take proactive, meaningful steps to protect and support good mental health; for ourselves, for our children, and for our community.

If you are concerned about your child's wellbeing, please contact their form tutor via the school office (office@vynersschool.org.uk).

Additional Resources.

- [Mental Health Foundation- Action](#)
- [Young Minds - Advice for parents](#)
- [NHS](#)