

13th October 2023

Dear Parent(s) and Carer(s)

Another week has flown by!
 This week we celebrated World Mental Health Day and in particular, 'Hello Yellow' - an initiative that promotes Mental Health awareness - particularly aimed at young people. Staff and pupils came together in our 'Albright Family' way to show solidarity with the cause and to recognise that no person is alone in their mental health. We also spent time reflecting on our 'triggers' (the things that cause a decline in our mental health) and our 'glimmers' (the things that can improve our mental health) - so that we are all able to better manage our mental health and be aware of our individual mental health needs.



Mrs Parker also contributed to improving our mental health - by feeding us all up with a lovely 'wellbeing' spread!



We are so lucky to have Mrs Parker who is now providing a range of healthy breakfast options every day for our young people - ensuring they are set up for the day and ready to tackle the day's learning!

We are able to provide this **for free** because we believe a healthy breakfast is so important and helps start each day well.

If you have any further suggestions for how we can all improve our mental health then please do share them with us. Our student Voice panel meets every half term to make suggestions on a range of topics and to feedback views from all the school community - anything you'd like them to address can be suggested to Mrs Jones who runs our Student Council.

Have a lovely weekend,
 Mrs Hazelwood

HOME & HOSPITAL TUITION SERVICE

Albright Education Centre
 South Tipton Campus Site
 Alexandra Road
 Tipton
 West Midlands
 DY4 7NR

Telephone: 0121 533 5806

