



# Hill Avenue Academy

*Empower and Entrust*

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Dear Parents and carers,

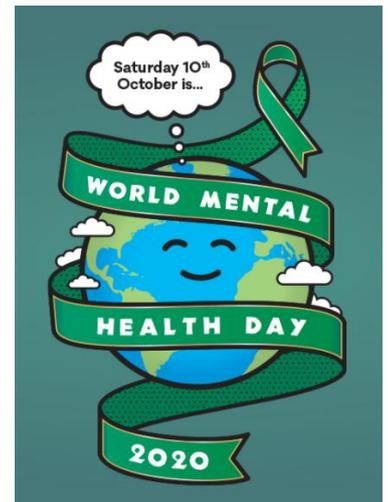
9<sup>th</sup> October 2020

## World Mental Health Day 2020

World Mental Health Day 2020 is the most important one yet.

This year has been a tough one for us all. The months of lockdown and loss have had a huge impact on our mental health.

Saturday 10<sup>th</sup> October marks the acknowledgment and appreciation of mental health across the world. Under the current circumstances we find ourselves with Covid-19 and local lockdowns, we believe that this year it is the most important for us all to unite and celebrate how we can keep ourselves physically, mentally and emotionally healthy.



On **Friday 16<sup>th</sup> October** the children, staff and families of Hill Avenue Academy will support this pledge by dressing in clothes that make them feel happy and confident such as their favourite party clothes, favourite football kit or clothes that make them feel comfortable. If you wish to make a donation of £1 then this is your choice – all proceeds will be donated to 'Mind' a registered company in England for mental health.

## What do the experts say?

It's important to take care of yourself and get the most from life. Below are 7 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up lots of time. Anyone can follow this advice. Why not start today?

### 1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

### 2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

### 3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

#### 4. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

#### 5. Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan.

If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

#### 6. Take a break

A change of scene or a change of pace is good for your mental health.

It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

#### 7. Do something you're good at

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

All of the staff at Hill Avenue are really looking forward to celebrating world mental health with the children and their families.

Yours sincerely,

Mr E Hateley  
Executive Headteacher