



From: Paul Gooding: Head of Wellbeing

9 May 2024

Mental Health Awareness Week, 2024

Dear parents and carers

Next week marks Mental Health Awareness Week. The theme for 2024 is *moving more for our mental health*. Further information about the rationale for this important topic can be found [HERE](#). We will be exploring this theme with students next week so they will keep developing some really healthy habits for life - whether it be rowing, yoga, family park runs, cricket, tennis, cycling, or walking the dog!

Recommended reading on a range of mental health and wellbeing topics can be found [HERE](#). Young Minds also provides a wealth of resources for parents and carers at [THIS](#) link. These are particularly useful.

Many thanks in anticipation for your support from home. Please do follow us on Twitter [@Ab Wellbeing](#) where we will be posting various updates.

Kind regards

Paul Gooding

Head of wellbeing

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE

Tel: 01235 521563 Fax: 01235 849079

www.abingdon.org.uk