



TO CARE  
TO LEARN  
TO ACHIEVE

**BEDFORD HIGH SCHOOL**  
A Specialist Business and Enterprise College  
with Applied Learning  
Headteacher: Mr P McCaffery

Dear Parent/Guardian,  
Children's Mental Health Week 2023 will take place from the 6<sup>th</sup> to 10<sup>th</sup> February. At Bedford, we are committed to supporting the emotional wellbeing of our students and staff. The aim of the week is to raise awareness of the importance of mental health and wellbeing and to teach our students ways to look after their mental health. Please see the planned week below.

Assemblies – each morning in form time all students will have a 20-minute talk from a mental health specialist on the following topics – introduction to mental health and getting the basics right, reframing negative thinking, being resilient and overcoming challenges, understanding anxiety and an introduction to mindfulness.

Lunch times – our student Mental Health Champions will be running a range of activities to promote good mental health and they are also co-ordinating a staff v student football penalty shoot-out. On Friday 10<sup>th</sup> February, we are holding a student workshop with the MHST team from Wigan Council (Mental Health Support Team) on ways to boost their mood. Students need to sign up for this workshop with our Librarian Miss Hayes.

Fitness challenge – to promote the importance of exercise for good mental health we are going to run, cycle, walk our way from Lands End to John O'Groats, that is 874 miles/1406 kms that we need to complete over the week! Why not get involved as a family at home and send us in a picture of your activity and the miles accumulated to help us? Please email [b.abbott@bedford.wigan.sch.uk](mailto:b.abbott@bedford.wigan.sch.uk) Prizes will be given to students with the highest miles completed during the week. Please encourage your child to bring their trainers to school each day and take part.

Parent/Guardian Coffee Morning Friday 10<sup>th</sup> February 11-12.30pm – in collaboration with MHST we would like to invite you to a coffee morning, where we will be sharing techniques and advice on how to manage your child's worries, fears and anxiety. We will also be answering any of your questions around supporting your child's mental health and wellbeing. If you would like to attend please email Mrs Madden [j.madden@bedford.wigan.sch.uk](mailto:j.madden@bedford.wigan.sch.uk) to book your place. Please sign in at reception and join us in the training suite. We look forward to meeting you!

We also have a mental health and wellbeing section on our school website to explain further what we do as a school, how we can offer support and which organisations we can signpost for further support.

We hope you will join us for our coffee morning.

Yours faithfully,

*J Madden*

Mrs Madden  
Assistant Headteacher

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