



9<sup>th</sup> October 2023

Dear Parent/Carer

Tuesday 10th October is **World Mental Health Day** and this year we're asking you to join in with a national campaign designed to get young people talking about their mental health.

It really saddens us as adults who work with - and care about - young people to see that mental health has declined in almost 40% of school children ([NHS Survey](#)). That's why we love this homework task with a difference!

ITV's Britain Get Talking and YoungMinds' #HelloYellow are collaborating to help children across the country open up. Together with teachers and a clinical psychologist, they've created a piece of homework like no other. A conversation starter for children to take home, designed to help them talk about the hardest subjects on their minds with their parents or trusted adults, because sharing worries can help ease stress and reduce anxiety.

You don't need a pen or paper; all we're asking you to do is to have a chat tonight (or one evening this week) about whatever is on their mind. We know that not everyone finds talking about stuff like this easy, so if you're a bit unsure where to start, try out some of the top tips below:

- try having the conversation whilst doing another activity for example the washing up;
- start the conversation with open-ended questions like "What's on your mind?";
- sometimes it helps to share personal stories or experiences to help put them at ease;
- actively listen and leave room for them to speak. You don't need to fix all their problems immediately;
- if they don't want to talk, reassure them that the door is always open when they're ready.

For more information about this brilliant homework task, visit the official website [here](#) or watch [this video](#) which we found really powerful and certainly made us think.

To see our school social media post, click [here](#).





**Stokesley School  
& Sixth Form College**

Being the best we can be

**Headteacher: Mr M Fenwick**

Thank you so much for working with us to support the mental health of our students; we make a good team. As ever, if you think there's more we could do, please don't hesitate to be in touch.

Kind regards



Mrs Lizzi Fox  
Lead Practitioner, Personal Development

AMBITIOUS. RESPECTFUL. READY.

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