



# Bishop's Hatfield Girls' School

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Tuesday 11th May 2021

## Mental Health Awareness Week 2021

Dear Parents/carers,

Yesterday marked the start of Mental Health Awareness Week 2021. Pupils will be learning about the 5 Ways to Wellbeing during Form Time and will have the opportunity to take part in mindfulness activities during lunch time.

The 5 Ways to Wellbeing are: keeping learning; being active; connecting; taking notice and giving. These are based on research that shows by regularly focussing on these 5 areas people are able to see an improvement in their wellbeing and mental health. You can find out more here: [Five ways to wellbeing](#).

During Life Skills lessons this week pupils will watch an online theatre production called 'How are you?'. The play explores some anxieties experienced by young people and highlights the importance of speaking to someone they trust about their worries and concerns.

Pupils can speak to any member of staff about their wellbeing. Our school counsellor, Natalie Laidler, is running drop-in sessions for pupils every lunchtime this week. Next week she will return to running a drop-in session every Tuesday and Thursday break time and lunchtime. More information about counselling at school can be found here: [School Counselling – Bishop's Hatfield Girls' School](#). If you feel your child might want to learn more about counselling please direct them to these drop-in sessions.

The Children's Commissioner for England has asked us to encourage pupils to complete "The Big Ask" survey about what they are thinking and what they need to live happier lives. The government will then be informed of the results, giving children and young people the chance to be heard. The survey can be found here: [The Big Ask Survey 2021](#) and should take between 5 and 10 minutes to complete. The deadline is Friday the 28th of May.

If you are worried about your child's wellbeing or mental health, please contact their Form Tutor or Head of Year to discuss your concerns. More information about support and local services around wellbeing and mental health can be found on our pastoral Instagram account [@bhgs\\_wellbeing](#).

Yours sincerely,  
Miss S Lawrence  
Mental Health Lead

**"This is an OUTSTANDING school" - Ofsted 2016**

