

# Principal's Blog

Friday 14th May 2021

## Mental Health Awareness Week

With lockdown restrictions easing further it is quite apt that this year's theme on Mental Health Awareness week is on connecting with nature. As a population, we often take for granted the wonderful environment in which we live and in particular, in God's Own Country of Yorkshire, we have a vast number of locations right on our doorstep, both picturesque and historical. With this in mind, students this week have been set challenges via their Google Classrooms to connect with nature and raise awareness of how nature can benefit everyone's mental health.

Students have been encouraged to explore the great outdoors and tick off the checklist of some of the great walks around Wakefield and create a selfie of them connecting with nature. This ties in nicely with the exercise challenge to complete a target amount of exercise each day, week and the month. Students set the target themselves and can do any form of exercise to complete their target.

With a fantastic talent pool of artists at Freeston, we also wanted to challenge students creatively to design their own drawing that incorporates the theme of nature with mental health and wellbeing.

Finally, who doesn't like a sweet treat occasionally? The final challenge of this Mental Health Awareness week is all to do with baking. Students have been challenged to create a sponge cake and decorate their cake with the themes and colours of nature. Hopefully we can find a legend in the baking!



On a serious note, this year's mental health awareness day is more important than ever due to the impact the Coronavirus pandemic has had on everyone. If you need to reach out for support then

please speak up. You can find more information on our dedicated wellbeing website which can be found at [wellbeing.freeston.outwood.com](https://wellbeing.freeston.outwood.com) or by clicking on the green button on the front of our website <https://www.freeston.outwood.com/mental-wellbeing>



Mental Health  
Foundation



The Mental Health Foundation also has a huge amount of support, please access via this link: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

**Have a wonderful weekend and I look forward to seeing all students on Monday.**

Virtual Parents Evening - Invitation

Year 8

15th June 2021

With  
Class Teachers

Please check  
out our  
website for  
details of how  
to register.

Tuesday - 3:30pm to 6:30pm

Information Site to access support can be found here: <https://tinyurl.com/y4pwhzqa>



## Guardian Summaries

We often receive from parents questions about how they can further support their child. One method is by signing up to **Guardian Summaries**.

A detailed support area for this is here

<https://classroom.freeston.outwood.com/home>. Guardian Summaries will allow you to see what work your child has been assigned.

Keep in contact with us at:

[enquiries@freeston.outwood.com](mailto:enquiries@freeston.outwood.com)  
[@OutwoodFreeston](https://twitter.com/OutwoodFreeston)

