



19 May 2024

Dear parent/families

Re Mental Health Awareness Week

Last week in form time and assembly we discussed 'Mental Health Awareness Week'. This year's theme was 'Movement: moving more for our mental health'.

We place great emphasis on the mental health of our staff and students. In order to raise the profile of mental health, and mental health awareness week, staff and students took part in several initiatives and activities:

Move more at lunch initiative: each yard had activities provided by the PE team to encourage students to move more at lunch.

Movement trackers: Every student was given a movement tracker to track their physical activity during the week, as well as tracking how these activities make them feel.

Assembly on mental health: the focus was on mental health and the importance of exercise.

Minute to move initiative: every morning during form time, teachers and students dropped everything, to stand up and move for a minute.

Careers focus: our weekly look at different careers focused on personal trainers and how taking part in activities such as football, netball etc outside of school and work can enhance your CV.

Raising awareness: Posters and advice are displayed throughout the Academy for both staff and students. You can access them via the links below

Movement tracker - [MHAW Movement-tracker A4P-1pp v5 FAW FINAL.pdf \(exactdn.com\)](#)

Ways to move at school - [MHAW Ways-to-move-poster SCHOOL A4P-1pp v3 FAW FINAL.pdf \(exactdn.com\)](#)

Ways to move at home - [MHAW Ways-to-move-poster HOME A4P-1pp v2 FAW FINAL.pdf \(exactdn.com\)](#)

Ways to move at work - [MHAW Ways-to-move-poster WORK A4P-1pp v3 FAW FINAL.pdf \(exactdn.com\)](#)

If you have any questions or concerns about your child, please contact us at school via the main office.

Yours sincerely

A handwritten signature in black ink that reads 'Jo Leech'.

Ms Jo Leech
Headteacher

The Academy of St Francis of Assisi
Gardeners Drive
Liverpool
L6 7UR
United Kingdom

T: 0151 260 7600
W: www.asfaonline.org
E: info@asfaonline

Proud to be a member of



ALL SAINTS
Multi Academy Trust

All Saints Multi Academy Trust is the operating name for The Liverpool Joint Catholic and Church of England Academies Trust