

Friday 9th October 2026

Dear Parents/Careers,

World Mental Health Day takes place every year on 10th October. It serves as an important reminder for all of us to focus on the health of our minds, build emotional resilience, and support one another. As an all-through school, we know that looking after a student's mental health goes hand-in-hand with their everyday routine, and we want to reassure you that a robust network of support is available directly in school, across Birmingham, and online.

The Powerful Link Between Attendance and Wellbeing

One of the most impactful ways we can support your child's emotional development and mental health is by ensuring good school attendance. At Bournville, we define good attendance as anything above 97%.

Regular attendance isn't just about academic success—though evidence shows Year 11 students with 90% attendance drop an average of one whole grade at GCSE. More importantly, being in school supports a healthy mind:

- **Routine and Stability:** A predictable daily structure helps reduce anxiety and builds emotional resilience.
- **Social Connections:** Being present every day allows students to form positive peer relationships and avoid the isolation that fuels low mood.
- **Early Intervention:** When children are in school, our staff can spot changes in behaviour or mood quickly, allowing us to provide discreet, timely support.

In-School Support at Bournville

Our dedication to student safeguarding and welfare spans across both our primary and secondary phases. Students are always encouraged to talk to their Form Tutor or Head of Year (HOY) as a first port of call. Additionally, we have specialised leads available to students and their families:

- **Designated Safeguarding Lead (DSL):** Miss E Boyle
e.boyle@bournville.fmat.co.uk
- **Secondary Phase Wellbeing Lead/DDSL:** Mrs Val Russell
v.russell@bournville.fmat.co.uk

Primary Phase Wellbeing & Safeguarding Lead/DDSL: Mrs Ajinder Bharj
a.bharj@bournville.fmat.co.uk

Local Support in Birmingham

Compass Birmingham: Parents can contact the Compass Birmingham Team directly on 0121 227 8254 (9 am – 5 pm) to discuss self-referral pathways.

Birmingham Mind: As the city's largest independent mental health charity, Birmingham Mind provides high-quality guidance, crisis lines, and recovery services-0121 262 3555 The Helpline is open Every Day – 9am – 11pm.

Forward Thinking Birmingham (FTB): The dedicated NHS mental health service for children and young adults aged 0–25 across the city- 0300 300 0099

If you feel your child is at risk of immediate harm or danger due to their mental health, please call 999.

Online and Digital Support

Kooth (Ages 11+): A safe, completely anonymous online mental health platform offering community forums and live text chats with qualified counsellors
www.kooth.com

YoungMinds: An excellent digital hub with tailored toolkits and a dedicated Parents Helpline specifically designed to help families navigate school anxiety and refusal
(www.youngminds.org.uk)

Place2Be's Parenting Smart: Practical, expert advice for parents on managing everyday emotional outbursts and challenges parenting smart
www.place2be.org.uk

Please do not hesitate to contact our staff, your child's form tutor, or the attendance office if you would like to discuss how we can best support your family. Everyday counts, and every minute matters.

Kind regards



Emma Boyle
Lead DSL