



Mental Health Day

This week at St Luke's Academy, we have focused on our mental health to coincide with 'Mental Health Day.' The theme this year is 'make mental health wellbeing for all a global priority.'

We recognise the importance of celebrating this important topic with our students so we have completed work across the curriculum; this will enable them to manage their emotions and learn strategies to help them both now and in the future.



In tutor time, the students focused on resilience and why it is important. They also watched a video called "All of our shadows" which is an award winning animated short film that taught them it's okay to not be okay. We were very impressed with their discussions around mental health week.

We are very lucky to work with different agencies that support mental health:



Boxing and Mentoring: Every Tuesday and Wednesday, a group of students take part in boxing sessions. We have found that these lessons help to build resilience and manage emotions.

Swimming: Every Thursday, our year 7 and year 8 students are offered swimming lessons. These important life skills have increased confidence and self-esteem among the children taking part.



Therapy: Every Tuesday, our students have the opportunity to see Florence our school counsellor.

