

FOURTH EDITION

MENTAL HEALTH MATTERS @ HODGSON

KEY MENTAL HEALTH DATES

OUR NEXT COFFEE AND CHAT SESSIONS ARE:
14TH MAY- 9.00-9.45 WITH KOOTH
9TH JULY- 14.15- 15.00 WITH DIFFERENT
EXTERNAL AGENCIES.
ALL WELCOME!



MEET THE TEAM-YEAR 9

IN OUR TEAM WE HAVE YEARS 7-11, THIS HELPS MAKE OUR
TEAM EASY TO TALK TO AND INCLUSIVE.

WE ASKED OUR YEAR 9'S WHY THEY LOVE BEING MENTAL
HEALTH CHAMPIONS:

MOLLY T SAID "IT IS NICE TO KNOW I HAVE PUT A SMILE
ON SOMEONE'S FACE."

STEVIE SAYS "I LIKE HAVING THE OPPORTUNITIES TO
MAKE PEOPLE'S DAYS BETTER!"

LILLIE EXPLAINED "I LIKE HELPING OTHERS, IT'S NICE
KNOWING I AM HERE FOR THE PEOPLE"

WE LOVE OUR ROLES AS MENTAL HEALTH CHAMPIONS, IT
GIVES US SO MANY OPPORTUNITIES.

MENTAL HEALTH IN THE NEWS:

THE COMMUNITY CONNECTORS PROJECT HELD A
LAUNCH EVENT TO HELP INDIVIDUALS CONNECT
WITH MENTAL HEALTH SUPPORT. THIS PROJECT WAS
LED BY NORTHAMPSHIRE MIND WHICH SEEKS TO
FOSTER STRONGER COMMUNITIES AND PROVIDE
CULTURALLY COMPETENT CARE. LEANDRA
LITCHMORE, ONE OF MINDS VOLUNTEERS SAID "A
LOT OF THE TIME IN OUR CULTURE, MENTAL HEALTH
IS STIGMATISED; WE THINK WE'RE EXEMPT FROM IT
WHEN WE'RE NOT. THIS MEANS NO MATTER WHO YOU
ARE OR WHERE YOU'RE FROM YOU SHOULD HAVE A
COMMUNITY AND PLACE TO GO TO GAIN SUPPORT.

COPING MECHANISMS – EXERCISE

PHYSICAL ACTIVITY IS NOT ONLY GOOD
FOR YOUR BODY, BUT IT'S ALSO GREAT FOR
YOUR MIND. BEING ACTIVE RELEASES
CHEMICALS IN YOUR BRAIN THAT MAKE YOU
FEEL GOOD - BOOSTING YOUR SELF-ESTEEM
AND HELPING YOU CONCENTRATE AS WELL
AS SLEEPING WELL AND FEELING BETTER!

EVENTS IN SCHOOL

YEAR 7 COMPETITION – A POSTER
COMPETITION THAT ALL YEAR 7'S CAN TAKE
PART IN WHERE THEY CAN DESIGN A POSTER
ALL ABOUT THE SAFE SPACE. THERE WILL BE
A WINNER IN EVERY FORM.

THE BRONZE SCHOOL AWARD – MRS KING
AND THE TEAM OF MENTAL HEALTH
CHAMPIONS ARE WORKING TIRELESSLY TO
GAIN THE BRONZE AWARD FOR BEING A
MENTALLY HEALTHY SCHOOL!

WORLD BIPOLAR DAY – 30TH MARCH 2025

MENTAL HEALTH AWARENESS WEEK - 12TH – 18TH MARCH 2025

NEURODIVERSITY CELEBRATION WEEK - 17-23 MARCH 2025

INTERNATIONAL DAY OF HAPPINESS – 20TH MARCH 2025

STRESS AWARENESS MONTH – APRIL 2025

WORLD AUTISM AWARENESS DAY – 2ND APRIL 2025

WORLD HEALTH DAY – 7TH APRIL 2025