



Youth Mental Health Day Theme 2024

#ControlYourScroll

Monday 16th September 2024

Dear parents / carers,

I would like to share with you this term's Youth Mental Health and Well-being Day campaign to be promoted at St. Paul's Catholic Nursery and Primary School. **This will take place on 19th September 2024, with the theme of “#ControlYourScroll”** championed by stem4.

This themed focus day aims to strengthen understanding on the top tips on how to look after children's mental health in an ever-growing digital age. Teachers will be sharing positive and the negative aspects that the online world poses and the many hidden and overt harms that young people face today that didn't have to face ten years ago. In turn, all to promote and support the importance of a healthy and balanced lifestyle.

For a parent guide and more information about this campaign please visit;

#ControlYourScroll General Edition (stem4.org.uk)

Youth Mental Health Day - stem4

For some great Mental Health App's and useful signposts and support resources on a range of challenges and disorders please visit;

Apps - stem4

Resources - stem4

I hope you find this information below useful to support your child/ren and how school is promoting and supporting children's well-being in school.

If you have any questions please feel free to contact your class teacher or myself.

Kind regards,

Netta Costanzo

Deputy Headteacher , SENDco, Inclusion, Mental Health & Well-being Lead