



**THE HART
SCHOOL**
*Creative
Education
Trust*

CMI/SHN/RSA

14 September 2026

Sent as an Arbor Message: 14 September 2026

Dear Parents and Carers,

At The Hart School, we are committed to supporting the wellbeing, safety, and mental health of every member of our community. As part of **Suicide Awareness Month**, this week's assembly will focus on raising awareness, reducing stigma, and encouraging open and supportive conversations about mental health and suicide prevention.

We recognise that this is a sensitive topic and that discussions around suicide may be difficult for some young people and families. However, we also know that education, understanding, and open communication play a vital role in helping people seek support when they need it and in ensuring that no one feels alone in their struggles.

During the assembly, students will be encouraged to:

- Understand the importance of mental health and emotional wellbeing.
- Recognise that it is okay to ask for help when they are struggling.
- Identify trusted adults and support networks available to them.
- Challenge stigma surrounding mental health difficulties and suicide.
- Learn about the importance of looking out for one another and seeking help if they are concerned about a friend.

Our approach will be age-appropriate, compassionate, and focused on hope, resilience, and accessing support. The assembly will not include graphic details and will instead emphasise that help is available and recovery is possible.

We encourage families to continue these conversations at home. Simple, open-ended questions such as *"What did you learn from the assembly today?"* or *"How are you feeling about what was discussed?"* can provide valuable opportunities for young people to share their thoughts and feelings.

If your child is affected by the themes discussed or would benefit from additional support, please encourage them to speak to a trusted adult. Support is available through our pastoral team, safeguarding team, and external organisations.

Useful support services include:

- **Samaritans:** 116 123 (available 24 hours a day)
- **Childline:** 0800 1111 or www.childline.org.uk
- **YoungMinds:** www.youngminds.org.uk
- **NHS Mental Health Support:** www.nhs.uk/mental-health

As a school community, we believe that talking openly about mental health saves lives. By sharing resources, increasing awareness, and promoting understanding, we hope to create



a culture where seeking help is seen as a sign of strength and where every young person knows that support is always available.

Thank you for your continued partnership in supporting the wellbeing of our young people.

Yours sincerely,

R Sandham
Principal