



Ryecroft C.E. Middle School

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Dear Parents/Carers

27th September 2019

World Mental Health Day Thursday 10th October 2019

Thursday 10th October 2019 has been nominated as an awareness raising day for children and young people's mental health.

The School Council have been organising the day and they have decided to honour it with a non-uniform day (£1.00 donation). This should consist of any clothing suitable to wear at school, but needs to include at least one yellow item.

#HelloYellow is to help raise vital funds for Young Minds. Whether pupils choose a subtle splash of colour or dress like sunshine from head-to-toe, together we can show young people they're not alone with their mental health.

Mental health is a big issue for young people...

- 1 in 8 children have a diagnosable mental health disorder – that's roughly 3 children in every classroom.
- 1 in 6 young people aged 16-24 has symptoms of a common mental disorder such as depression or an anxiety disorder.
- Half of all mental health problems manifest by the age of 14, with 75% by age 24.
- In 2017, suicide was the most common cause of death for both boys (16.2% of all deaths) and girls (13.3%) aged between 5 and 19.
- Nearly half of 17-19 year olds with a diagnosable mental health disorder has self-harmed or attempted suicide at some point, rising to 52.7% for young women.

It has a big impact in adulthood...

- 1 in 3 adult mental health conditions relate directly to adverse childhood experiences.
- Adults who experienced four or more adversities in their childhood are four times more likely to have low levels of mental wellbeing and life satisfaction.

Young people need more support...

- Less than 1 in 3 children and young people with a diagnosable mental health condition get access to NHS care and treatment.
- The average median waiting time for children in 2017/18 was 5 weeks to receive an initial assessment and 9 weeks to receive treatment.
- In a YoungMinds survey, three-quarters (76%) of parents said that their child's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services (CAMHS).
- In total, less than 1% of the total NHS budget is spent on children and young people's mental health services.
- The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition has almost tripled since 2010.

For useful information for parents and carers please use the link below:

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Yours sincerely

Mr S Bardon
Deputy Headteacher

UTTOXETER LEARNING TRUST



Part of the Uttoxeter Learning Trust

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