

3rd February 2026

Dear parent/carer,

RE: TIME TO TALK DAY

Time to Talk Day takes place on Thursday 5th February 2026, and it is an opportunity for us, as a school community, to encourage open and honest conversations about mental health.

Just like physical health, we all have mental health, and it can change from day to day. By normalising conversations about mental health, we can help children understand that this is a natural part of life and that support is always available.

As parents and carers, you play a vital role in supporting your child's emotional wellbeing. Simple, everyday moments - such as chatting during a walk, over a meal, or before bedtime - can provide valuable opportunities for children to share how they are feeling. There is no "right" or "wrong" way to start these conversations; what matters most is listening, reassuring them, and letting them know they are not alone.

In school, we are supporting Time to Talk Day by holding assemblies to highlight the importance of talking about mental health and looking out for one another. During Personal Development lessons, students will be focusing on:

- Encouraging open discussions about feelings in a safe and supportive environment
- Understanding that mental health is just as important as physical health
- Reducing stigma and helping students feel confident to ask for help when they need it

At Chase Terrace Academy, we have a range of support available for students. Our [Progress Teams](#), linked to each year group, are on hand to offer guidance and support. We also have staff trained in Youth and Adult Mental Health First Aid, access to the School Nurse, and regular support from a member of the local Mental Health Support Team. In addition, we can signpost families to external services such as Stay Well. Our school website also includes a dedicated [Mental Health and Wellbeing page](#) with helpful resources and information about accessing support.

For further information and practical tips on how to start conversations about mental health at home, please visit the [Mind website](#).

Thank you for your continued support.

Yours faithfully,



Mr D Inman
Assistant Headteacher