



# MENTAL HEALTH AWARENESS WEEK

11-17 MAY 2026

## Message from Mr O'Sullivan 8th May 2026

Mental Health Awareness Week is an opportunity for us all to pause, reflect, and talk openly about mental health, something that affects every one of us. Just like our physical health, our mental health can change from day to day and is influenced by what's happening around us. Looking after it is not a luxury; it's essential. It should also be seen in the same context as any kind of illness or injury. In the same way we give crutches to someone with a broken leg, we should also support those with mental health problems. A broken bone can come with kudos that the injury occurred 'in battle', yet a disclosure of a mental health issue is seen as a weakness. This must change. Good mental health helps us cope with everyday challenges, build strong relationships, learn effectively, and enjoy life. When we neglect it, even small pressures can begin to feel overwhelming. The positive news is that small, simple actions can make a real difference to how we feel. Good mental health allows us to be resilient to life's challenges. This year, we're encouraging everyone to try one or two of the following actions during Mental Health Awareness Week – and perhaps beyond.

- **Plan something to look forward to** Having something in the diary, whether it's a walk, a meal with friends, or a quiet moment to yourself, can boost hope and motivation.
- **Eat well** A balanced diet supports both physical and emotional health. Small changes, like staying hydrated or choosing regular meals, can really help.

- **Get closer to nature** Spending time outdoors can lift your mood, reduce stress, and improve concentration, even a short walk.
- **Get good sleep** Quality sleep helps us think clearly, manage emotions, and feel more resilient.
- **Get creative** Creative activities such as listening to music, drawing, writing, or singing can ease stress and help us express emotions.
- **Move regularly** Physical activity, in any form, can boost mood, confidence, and energy levels.
- **Try mindfulness** Paying attention to the present moment, noticing sounds, sights, or how your body feels – can help calm a busy mind.
- **Make time for friends** Strong relationships help us feel connected, valued, and supported.
- **Be kind** Everyone has difficult days. Treating yourself with the same kindness you'd show others really matters.
- **Talk things over with someone you trust** Sharing worries can bring relief and remind us that we're not alone.

We all have different levels of mental health and well-being, and we all need support from time to time. By talking about it openly, we help reduce stigma and create a community where people feel safe to ask for help. Looking after mental health isn't about being happy all the time, it's about building habits that help us cope when times are harder. During Mental Health Awareness Week, we encourage students, staff, and families to start conversations, try a new positive habit, and check in on one another. Small actions, done consistently, can lead to lasting change. If you or someone you know is struggling, remember that support is available and reaching out is a sign of strength. Huge thanks to Kaylie, Zara, Adi, and Daisy, Mr Punter, Ms Hicks and Mr Evans for their work on promoting this event throughout this week and next week, with lots of activities on offer to get involved with.

## Sixth Sense

On Wednesday afternoon, our Sixth Form Student Leadership Team — including Lead Students, House Captains and Senior Prefects — took part in a focused team-building session. The afternoon began with a workshop led by Ms Scott, concentrating on building confidence, developing public speaking skills and improving voice projection. Students then headed out onto the field with Mr Evans and Mr Quigley to take part in a range of team-building activities.

Working in pairs and larger groups, they were challenged to collaborate, communicate effectively and problem-solve in order to complete a series of tasks.

In the lead-up to their Leavers' Celebrations and prom, our Year 13 cohort have worked incredibly hard to raise additional funds to enhance their final event. The Prom Committee took the lead in organising a variety of creative and engaging fundraising events. These included weekly "Teacher Treats" every Friday, where students baked and sold delicious goodies to staff, a staff car wash, and the popular 'Pay and Pie' event during the final celebrations. These events were not only successful in raising funds but also brought plenty of laughter and memorable moments - particularly for those brave enough to be covered in whipped cream on a warm day! It has been wonderful to see the students' enthusiasm and commitment, and we very much hope their efforts have paid off in creating a truly special prom experience.



## Leavers' Celebrations

Thursday 30th April and Friday 1st May marked the end of an important chapter for our Year 13 students - seven years for many, and two for those who joined us in Sixth Form. We began celebrations with a barbecue on the field, followed by a lively afternoon of 'Silly Sports Day'. In their teams, students took part in a range of fun challenges, including a blindfolded obstacle relay, sack race, and a fiercely contested tug of war. The competition was close, but congratulations go to 13T, who proudly took the overall crown. Following the games, students gathered in the hall for their final assembly - always a highlight of the farewell celebrations. Surrounded by teachers past and present, we reflected on their journey with us through shared memories, baby photos, and our renowned dedicated poem to the year group. As excited as we are to see our students go off to their Post-18 pathways, it is always tinged with a little bit of sadness as we say goodbye to this remarkable group of young people. The celebrations concluded on Friday with students dressing up in their former school uniforms, a lovely reminder of the different paths that brought them together. It was a fitting way to celebrate their shared journey and the strong sense of community they have built during their time with us. We are incredibly proud of everything this Year 13 cohort has achieved, both academically and as individuals. They have contributed so much to school life and will be greatly missed by staff and students alike. As they now turn their focus to their final examinations, we wish them every success - one final push to the finish line!







## Robo Revolution Success

This week, our students proudly submitted their entries to the *Our RoboRevolution STEM competition*. All participants were awarded **5 positive points**, with several also earning **Turing Cards** in recognition of their outstanding effort. A special mention goes to **Toby in Year 7**, who went above and beyond by submitting not only a robot design, but also the programming code that brings it to life. His innovative project is a baseball cap fitted with sensors to support blind or partially sighted users, helping them to navigate more independently. We now look forward to finding out whether our students have secured the **top prize**, which includes **an iPad** and **a visit to the school from The National Robotarium**.

## Silver and Bronze Duke of Edinburgh Award Expeditions

This week, 69 students in year 10 completed their practice Silver DofE expedition and 110 students in year 9 also completed their final Bronze DofE expedition. Both expeditions took place around Box Hill, Surrey.

The students showed real determination and teamwork throughout the challenge. They navigated their planned routes, carried full packs, cooked their own meals, and set up camp each night. Despite tired legs, groups supported one another and kept morale high. By Wednesday, everyone crossed the finish point with a well-earned sense of pride. Well done to all the year 9 students who have now finished their award. Good luck to the year 10 students, who will have their final expedition in the South Downs National Park in a few weeks time.







## Jack Petchey "Count On Us" Secondary Maths Challenge



We are delighted to celebrate the outstanding achievement of five of our Year 9 students—Dylan, Austin, Felix, Khoi and Ege—who recently represented the school in the *Jack Petchey "Count On Us" Secondary Maths Challenge*. Competing in a local heat held at Hammersmith Academy, they faced strong opposition from seven other schools across London. This pan-London competition is designed to stretch Key Stage 3 students through a series of activities that test not only mathematical fluency but also reasoning, strategy and problem-solving across a wide range of mathematical topics. Demonstrating exceptional confidence, our team rose to the occasion and secured first place in the heat, earning a well-deserved place in the final, where they will compete against the twelve highest-scoring schools from across London. Their success reflects not only their mathematical ability but also their willingness to embrace challenge and think creatively under pressure.



What makes this achievement particularly impressive is the dedication and resilience the team showed in the lead up to the competition. With relatively short notice before the event, they committed themselves fully to preparation, making the most of every opportunity to practise. Their teamwork played a crucial role in their success, as they worked collaboratively to develop effective strategies, carefully selecting which team members would tackle each task based on their strengths. We are incredibly proud of their achievement and the way they showcased their mathematical skills and determination. We wish them the very best of luck in the final and look forward to supporting them as they continue this exciting journey.

Old Uniform needed



**SCHOOL UNIFORM DONATIONS NEEDED!** 

*Your donation makes a big difference*

Help us support our students and families by donating **gently used** uniform items.

**WE ARE VERY LOW ON STOCK OF:**

			
<b>BLAZER</b>	<b>TIE</b>	<b>SKIRT</b>	<b>SHIRT</b>

 **ALL OTHER UNIFORM ITEMS**  
*are greatly appreciated too!*

 **DROP OFF DONATIONS AT:**  
**STUDENT RECEPTION** | 

*Thank you for supporting our school community!*

## Year 11 Yondr pouches



**Y11, YOU'RE LEAVING SOON**  
*Leave a legacy. ♥*

**DONATE YOUR YONDR.**  
Help future students stay focused and make the most of their time.

**SMALL GESTURE. BIG IMPACT.**  
Your donation supports a positive learning environment for years to come.

**YOU'VE GROWN HERE. HELP OTHERS GROW TOO.**  
Pass it on and leave your mark.

**THANK YOU FOR SUPPORTING THE NEXT GENERATION** ♥

**YOUR JOURNEY'S NOT OVER, BUT YOUR IMPACT CAN BE.**

Please return your Yondr pouch to Student Reception after your final exam or on your last day.

## Sports Fixtures

### Year 9/10 Boys Cricket v Twickenham

The Year 9 and 10 boys got their cricket league underway this week as they hosted Twickenham. 12 overs of one inning were played with the Turing team batting first. Finding their groove early on and communicating well, the boys chipped away at the run tally and put down a score of 83 runs for the visitors to chase. The opposition unleashed a series of big hits from their best batsman early on which dented hopes of a win, with the score eventually being chased down before the last over was reached. Next week THS will take get a chance to go again as they will take on St Richard Reynolds. Well done to all involved!

## Kinship Peer Support Group



For family or friends who step up to raise a child.



### **Buckingham School Kinship Peer Support Group**

**Come along and join us for a peer support group. Enjoy a cuppa and meet other kinship carers in your area**

**First Tuesday of each month, term-time  
2.00pm - 3.30pm**

**Buckingham Road, Hampton, TW12 3LT**

**Our coffee morning is a wonderful opportunity to connect with fellow kinship carers in your community. Come together to chat, share experiences, listen, and offer support to each other**

- free to join and open to all kinship carers - family or friends who are raising a child when their parents aren't able to (whether you have a legal order like an SGO or not)
- tea and coffee will be available, along with a play area for younger children

**Please confirm your place by emailing [inclusion@buckingham.richmond.sch.uk](mailto:inclusion@buckingham.richmond.sch.uk) or by call or text to Keren 07961 049807**

**We'd love to see you there!**

Visit [kinship.org.uk](http://kinship.org.uk) to find out more about free training, advice and support for kinship carers.

Charity Registration: 1093975