

Welcome to this week's SMRT Safeguarding Update...

## WAKE UP WEDNESDAY

### Mental Health Awareness Week 11– 17 May 2026

This annual event aims to raise awareness and promote open conversations about mental health. The theme this year is **Action**. The idea is that action is a natural extension of awareness, and that while there are some things in life we have little control over, we can always take action to support our own and others' wellbeing, whether that be our family members and friends, our neighbours and colleagues or advocating more broadly for a society that supports wellbeing at every level.

At SMRT, we have regular conversations as staff, and with students, about mental health – these are certainly not confined to awareness weeks. We take care not to pathologise feelings and emotions that are common to the human experience, like sadness, anger and worry, while supporting students to recognise the signs that the balance has tipped and they need more support with their mental health. This might look like persistent low mood or anxiety, or relationships and daily functioning being affected over a period of time, or difficulties with eating or sleeping.

As well as raising awareness, we take action to support students in and outside of school. In school, students can access supportive adults such as their form tutor, learning mentor and head of year, as well as the school chaplain and visiting school health nurse. Some students work with an Education Mental Health Practitioner doing CBT sessions, or with the Mental Health Lead. When students need more specialist support we refer them to Child and Adolescent Mental Health Services (CAMHS) outside of school or to counsellors in school. We also regularly signpost students to external sources of support such as Off The Record.

Please always feel free to contact your child's form tutor, year team or the Safeguarding Team if you have concerns about your child's mental health.

### The Big Future Survey

Please find a message from The UK Children's Commissioner Dame Rachel D'Souza below. There is **a link for our students to complete a national survey** of all young people in the UK.

As Children's Commissioner, I am writing to ask you to ensure all of your children complete my new survey, The Big Future.

<http://www.childrenscommissioner.gov.uk/thebigfuture>

Under the Children Act 2004, it is my role to promote the views and interests of children in England, and I have done this so far by conducting the two largest ever children's surveys: The Big Ask and The Big Ambition.

Now, for the first time, hundreds of thousands of children will be eligible to vote in the next general election, the biggest change to the franchise in half a century. Yet just one in five children say politicians listen to them. That's why I'm launching my final survey, The Big Future.

Your students should complete the survey here:

<http://www.childrenscommissioner.gov.uk/thebigfuture>.

I want to make sure that I hear from as many children as possible, aged 0-18, from all backgrounds, in all schools and colleges, and in every part of the country. To do that, I need your help.

I am asking children about the changes they want to see in their communities, their biggest concerns, and their hopes for the future. More than anything, I want to know what they think a good childhood should look like today.

I am asking you to share the survey with all the children, parents and carers in your school or college community.

Many thanks

Dame Rachel de D'Souza

As always, if you have any immediate concerns about safeguarding issues, students, or the school site, please get in touch via:

[safeguarding@smrt.bristol.sch.uk](mailto:safeguarding@smrt.bristol.sch.uk)