Headteacher's assembly 12th October 2026:
World Mental Health Day

Assistant Head teacher Mr Brassil led today's assembly.

Thinking time whilst the children enter assembly:

*** This is the symbol for a recognised global organisation.**

*** What is the organisation?**

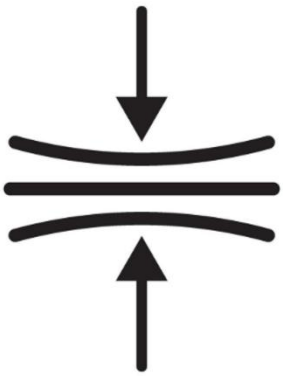


The World Health Organization (WHO) is the United Nations agency responsible for promoting global health, preventing disease, coordinating responses to health emergencies, and helping countries improve healthcare systems. Founded in 1948, WHO works with 194 member states to address major health challenges, develop international health guidance, and support people in achieving the highest possible standard of health and wellbeing. Its mission is to promote health, keep the world safe, and serve vulnerable populations around the world.

"Lived experiences heard - real voices, real change"

Mr Brassil explained that the phrase **"Lived Experiences Heard: Real Voices, Real Change"** is the theme for **World Mental Health Day 2026**, promoted by the World Federation for Mental Health (WFMH) and supported by organisations including the World Health Organization (WHO).

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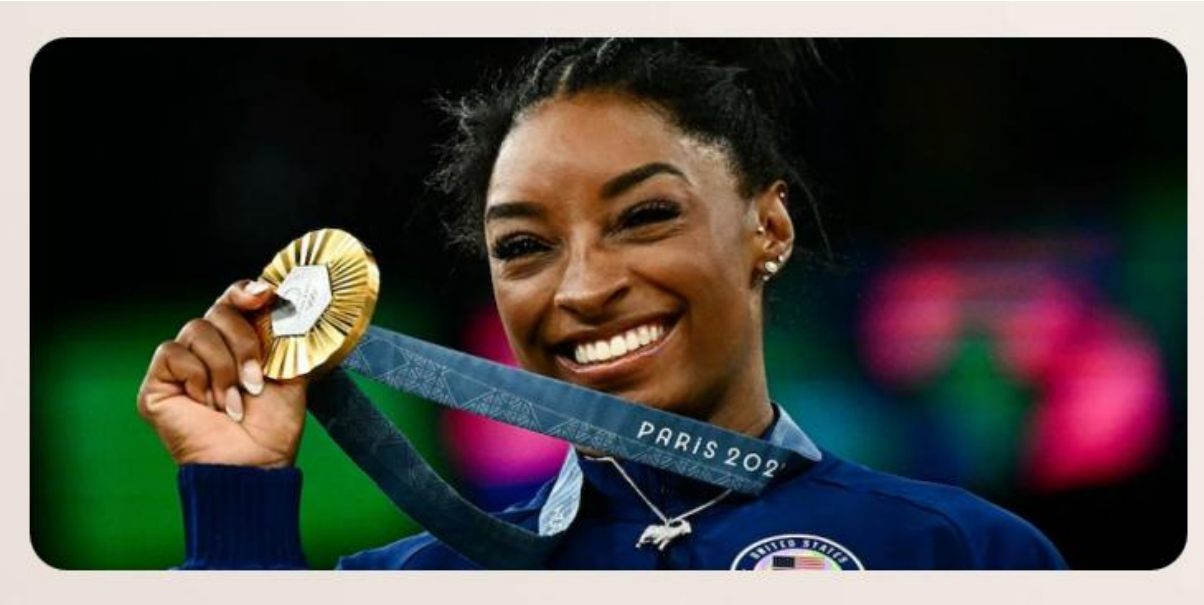






The theme emphasises the importance of listening to and learning from people who have direct experience of mental health challenges. It recognises that those with lived experience are experts in understanding the barriers, support systems and services that affect their lives, and that their voices should help shape policies, services and decision-making. The goal is not simply to hear people's stories, but to ensure that those experiences lead to meaningful improvements in mental health care and support.

In a broader sense, the theme highlights a simple but powerful message: **when people are genuinely listened to, their experiences can drive positive change, challenge stigma, improve understanding and help create more inclusive and effective communities and services.**



Mr Brassil emphasized that listening properly, means taking the time to hear others. He then examined the story of Simone Biles, who withdrew from the Tokyo Olympics due to her mental health, heard a clip of her talking about it and that it showed strength and resilience.

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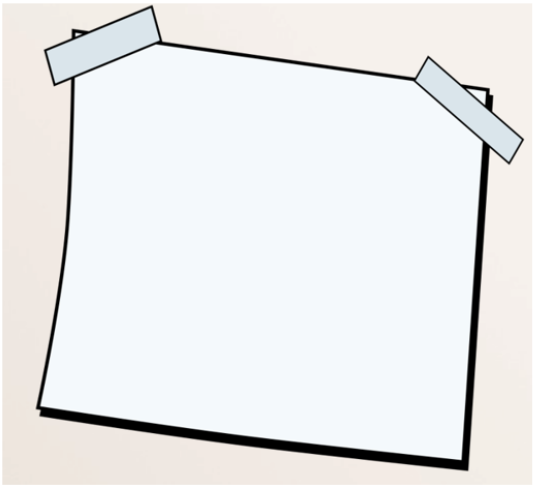
Simone took a journey back to health.....

She paused to look after her mind.... (she stayed in Tokyo to cheer her team mates on!)

She talked to experts.....



She found out more....



Think about...
Three things that help your mind feel calm and happy.

Remember....
Your feelings matter as much as your body.

The assembly then finished with a **really great** message:

- Look after your health....lead with kindness.

