



5<sup>th</sup> October 2023

Dear Parents / Carers,

### Non-uniform day – World Mental Health Day – 10<sup>th</sup> October

Every year since 1992, the World Health Organisation recognises World Mental Health Day on 10<sup>th</sup> October. Mental health problems are pervasive throughout our society and can impact our lives, families, workplaces and communities. Preventing mental ill-health is an important way to keep ourselves and our families safe and it is important to discuss the issue to ensure social stigma is reduced and awareness increased. By promoting World Mental Health Day, the WHO wish to give individuals a chance to talk about mental health in general, how we can look after it and how helpful it can be to talk to people if you are struggling.

The Student Academy Council Fundraising strand is supporting World Mental Health Day by partnering with local charity, Empire Fighting Chance. This charity was born on the streets of Bristol to fight the impact of deprivation on the lives of young people. Faced with conditions that are toxic to wellbeing, young people have been found to be struggling with their mental health which can result in inappropriate expression of their distress. Rather than leaving young people to get caught in a complex negative cycle, Empire Fighting Chance use a powerful combination of non-contact boxing and intensive personal support to challenge and inspire young people to meet their unique potential. They have a talented team of coaches and therapists to facilitate safe and enjoyable exercises for young people, including our own students, teaching how to box and providing personal support.

Empire Fighting Chance will be in the Academy next Tuesday. They will have a stand in reception where they can answer any questions and queries students might have.

To support, Oasis Academy Brislington will be holding a **non-uniform day on Tuesday 10<sup>th</sup> October**. Students are also invited to wear their best hat to draw attention to what is on your mind, and that mental health can be talked about safely in our Academy.



We are raising money via **ScoPay** (<https://www.scopay.com/login>). Once logged in click on 'view products'. Under 'Trips and Events' you will see an option titled 'World Mental Health Day donations'. You are then able to enter the amount you would like to donate. If donations don't reflect the number of students in non-uniform then we lose the ability to justify having days like these. We appreciate any size of donation, so the price will show up as £0.00 but when you add your donation to the basket to pay, the amount can be altered to how much you wish to donate.

Acting Heads of School - Dr I Goldberg & Mrs N Robinson

Oasis Academy Brislington  
Hungerford Road, Brislington, Bristol, BS4 6EY

Tel: 0117 377 2055 [www.oasisacademybrislington.org](http://www.oasisacademybrislington.org)



**Please note...**

For the non-uniform day students may arrive in their own clothes, however they must be appropriate for a professional environment (no cropped tops, hotpants etc.). If a student does arrive in inappropriate clothing then parents / carers will be called and the student will remain in iBase until they are able to get changed.

If you have any questions about World Mental Health Day or any of the SAC's upcoming projects, please email Mr Cunningham or Ms Olschner.

Yours sincerely,

Mr A Cunningham

Subject Lead – PE

Student Academy Council Staff Lead

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