

Beech Avenue  
Taverham  
Norwich  
NR8 6HP

Telephone 01603 860505  
01603 264330

E-mail [office@taverhamhigh.org](mailto:office@taverhamhigh.org)

Headteacher Dr Roger Harris

To: All Parent/Carers

6 October 2023

Dear Parent/Carer

### #Take10To Read – World Mental Health Day

We would like to take a moment to share an exciting initiative that we are taking part in on this year's World Mental Health Day, which falls on Tuesday 10 October 2023. At Taverham High School, we are committed to promoting the holistic wellbeing of our students, and we believe that mental health plays a pivotal role in their overall development.

As part of our efforts to raise awareness and prioritise mental health, the National Literacy Trust have introduced [#TAKE10ToRead](#);

*Reading can help you relax, boost your mood and escape elsewhere – and it doesn't have to be a book. It could be the post-match analysis of Saturday's football game, an interview with your favourite actor, DIY hacks or even recipes. Reading something that interests you can transport you away from day-to-day life. That's why, on Tuesday 10 October 2023 at 10:00 am we are calling on the nation to #Take10ToRead with us in support of World Mental Health Day.*

On World Mental Health Day, Taverham students and staff will be dropping everything and dedicating 10 minutes to reading. We believe that reading can be a powerful tool for reducing stress, improving concentration, and fostering emotional well-being. Reading not only provides an escape into different worlds but also encourages self-reflection and empathy, which are essential aspects of maintaining good mental health.

Here's what you can expect on World Mental Health Day:

- **Date: 10 October 2023**
- **Time: 10:00 am**
- **Duration: 10 minutes**

cont'd.../



We kindly request your support in encouraging your child/ward to participate wholeheartedly in this activity. Students can bring their own books or choose one from our School Library. Teachers will also be reading alongside the students to create a shared and supportive atmosphere.

Additionally, we encourage you to engage in conversations with your child/ward about their reading experience on World Mental Health Day. Discussing the books they read, their favourite parts, and any feelings or thoughts that arose during this time.

Thank you for your continued support in promoting the mental health and wellbeing of our students. If you have any questions or concerns regarding this initiative, please feel free to contact me.

We look forward to celebrating World Mental Health Day with your child/ward and fostering a culture of mental health awareness.

Yours faithfully

A handwritten signature in cursive script that reads "S. Heydon".

Miss S Heydon  
Librarian