

## Mental Health Awareness Week

It is Mental Health Awareness Week, and this year's theme is kindness.

Throughout the last few weeks and months, we have seen how acts of kindness in our communities make all the difference in the lives of our families, our friends and our neighbours.

We know that a lot of children and young people across Jersey are missing being at school and spending time with friends, and many have told us that they are feeling anxious about everything that is going on. Our schools are important spaces in our communities that bring people together and teach much more than can be learned from reading books.

We also know that doing schoolwork from home is very different from being at home during a pandemic and trying to get some schoolwork done. Children have a right to education, as well as the right to the highest attainable standard of health, and so it is important that a flexible and supportive approach is adopted to ensure that children and young people are supported to continue in their learning in a way that takes account of their mental health. Parents and carers are helping children and young people learn while juggling other responsibilities and teachers are working hard to find ways to teach and to keep spirits up. It is important that our approach to learning both now and in future has kindness and understanding at its core.

