

24 October 2025

Dear Parents/Carers

Throughout the month of November, we will be focusing on Men and Boys' Mental Health. Mrs Sherring (along with some surprise actors) will be delivering an assembly to all year groups focusing on this topic. We are encouraging all members of our community to talk about Men and Boys' Mental Health and hope that you will be able to support our campaign throughout November.

Wednesday 12th / Thursday 13th November

Assembly focusing on Men and Boys' Mental Health – please ask your children about this 😊

Throughout November

- Social media posts raising awareness of Men and Boys' Mental Health. Look out for information about local support groups in and around Taunton.
- Using the Movember campaign as a focus – colleagues and family members are encouraged to grow a moustache to raise awareness of mental health and spark discussion. We will not be initiating a whole school fundraising event, however, please feel free to sign up to the Movember campaign and raise money.
[How to support Movember's fundraising for men's health - Movember](#)
- Staff photos will be appearing around school with some very interesting looking moustaches to show support for our campaign.

Check in and scaling

We will be encouraging all students to practise 'checking in' with each other throughout November. Staff will model how to 'check in' by checking in with students and there will be tutor time PSHE activities to support students with developing their own scripts to 'check in' following the ALEC model.

A ASK

Start by asking how they're feeling. It's worth mentioning any changes you've picked up on: have they stopped replying to texts? Do they sound different on the phone? Have they gone quiet on the group chat?

Use a prompt like. "You haven't seemed yourself lately – are you feeling OK?"

Trust your instinct. Remember, people often say "I'm fine" when they're not, so don't be afraid to ask twice.

L Listen

Give them your full attention. Let them know you're hearing what they're saying and you're not judging. You don't have to diagnose problems or offer solutions, but asking questions lets them know you are listening.

Ask a question like: "That can't be easy – how long have you felt that way?"

E Encouragement

Help them focus on Simple things that might help improve how they feel. Are they getting enough sleep? Are they exercising and eating well? Maybe that helped them in the past - it's worth asking. Suggest that they share how they're feeling with others they trust. This will make things easier for both of you. And if they've felt low for more than two weeks, suggest they chat to their parents / school nurse / doctor.

C Check in

Follow up your conversation with a phone call or WhatsApp video call. This helps to show that you care plus you'll get a feel for whether they're feeling any better.

Scaling

Scaling is a great way to get a feel for how someone is feeling. This is used by Men's talk Clubs across the UK, including Taunton Men's Talk Club.

When checking in, ask, "How are you? Out of 10?" (1 being really not OK – 10 being great) and then explaining why.

Best wishes

The Castle School