

# Black History Month

Parents Bulletin No 2. October 2023

**October is Black History Month in the UK and a time to celebrate the contributions of black people in shaping the dynamic and diverse country we have today. Below are some ways that you and your child can get involved!**



This year's theme is **'Saluting our Sisters'**, celebrating the exceptional achievements of Black women through the years. Click [here](#) to gain knowledge and inspiration!

And why not encourage your child to enter the [Black History Month poetry competition](#) on the topic of Black women's achievements – or pick up your pen and get creative yourself, it's open to the public, not just students!

**Fancy a day out?** Many events are occurring around West London and online for Black History Month. Ealing Council in particular have put together a great itinerary [here](#).

[Eventbrite](#) lists dozens of events including quizzes, webinars, film screenings, and workshops.

**Sources of Support** This is also a time to reflect and explore how race, racism and mental health intersect among Black people in the UK. Our [webpage](#) discusses the impact of racism on emotional wellbeing, barriers to getting support, and how to overcome these barriers. We provide a list of specialist support services [here](#).

Regardless of your race, provide a safe space for your child to ask questions and explore informative content together, such as these [BBC videos](#), to understand and celebrate diverse cultural identities.

**Our very first evening webinar will be on the topic of race and mental health – see below to register!**

## Join us at our monthly evening webinars!

We support parents, carers and school staff to feel confident when supporting children and young people with their **mental health and emotional wellbeing**.

### The last Wednesday of every month

(starting 25<sup>th</sup> October 2023)

7pm – 8pm

**Zoom:** Use the QR code or [Click here](#) to register.



### Topics will include...

Managing Difficult Emotions	Impact of Prejudice
Healthy Relationships & Communication	Self-harm
Managing Stress & Anxiety	Using Social Media

## Let us know your thoughts on mental health in schools.

Use the links or QR codes to access separate surveys for [Parents/Carers](#), [Primary Students](#) and [Secondary/College Students](#) so be sure to use the right one!

Parents & Carers



Primary Students



Secondary & College Students

