



Beaumont School

Austen Way St Albans Hertfordshire AL4 0XB t: 01727 854726

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Headteacher: Mr M Atkinson e: head@beaumont.school

17th November 2023

Dear Parent/Carers,

In the next 2 school weeks students in Years 8 to 13 will have an assembly on the theme of International Men's Day, which takes place on Sunday 19th November. Assemblies for Years 8, 9 and 10 will take place on Thursday 23rd November and for Years 12 and 13 on Thursday 30th November.

International Men's Day was first marked in the UK in 2010. In the UK the International Men's Day organisation have adopted 3 themes to work towards:

- Making a positive difference to the wellbeing and lives of men and boys
- Raising awareness and/or funds for charities supporting men and boys' wellbeing
- Promoting a positive conversation about men, manhood and masculinity

The theme for this year's International Men's Day is "Zero Male Suicide", a reflection of the fact that tragically suicide is the biggest cause of death in men under the age of 50 and around three quarters of deaths from suicides each year are menⁱ.

Suicides are preventable with timely, evidence-based interventions. However, only a third of people who die by suicide have been in contact with specialist mental health services in the year before their death.ⁱⁱ

We want to take the opportunity of an assembly to highlight to students the importance of seeking help if they are struggling with their mental health and to underline the fact that being male does not mean "toughing it out" or needing to "man up". It's ok to not be ok, but please talk about it. We have used advice from the Samaritans and Papyrus websites to inform the content of the assembly.

The assembly will include video clips of male members of staff talking about strategies they use to manage their own mental health and underlining the importance of seeking help when you need it. The assembly will finish with a series of videos from staff of all genders making clear that we are here to listen whenever students need. The resources will be made available online after the assembly if you wish to see them.

Some people may be concerned that raising the subject of suicide may make it more likely to happen. The evidence suggests that this is not the case, and that talking to someone about suicide does not raise the risk. The overwhelming message from the assembly will be a positive one – that students have bright futures ahead of them, and a huge amount of support to lean on to help them to get there. Most importantly, that we encourage them to look after their whole health and well-being.





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This subject area is, of course, very sensitive, and for a number of our students and staff, very personal. If the assembly would be distressing for your child because they have been affected by suicide or you would prefer them not to attend the assembly for any other reason, please contact your child's Head of Year and alternative arrangements can be made.

Yours sincerely,

Ms D Irving

Assistant Headteacher

ⁱ Department of Health and Social Care figures June 2022.

ⁱⁱ Samaritans.org

