



# ABBOT'S LEA SCHOOL

Headteacher: Mrs Ania Hildrey, FCCT, B.Ed(Hons), M.Ed, NPQH, NPQEL



5 February 2026

Dear Families,

**Ref: Mental Health Awareness Week  
Sponsored Fun Run – Friday 13 February 2026**

As part of our celebrations for Children's Mental Health Week, we are excited to share that on Friday 13 February 2026, students will have the opportunity to take part in a sponsored Fun Run at school with Mrs Tobin.

This event is all about promoting the vital link between physical activity and positive mental health. Our younger students will complete laps around the yard, while older students will run around the field. There is no expectation or pressure to take part—students may run, jog, or walk at a pace that feels comfortable. Everyone is welcome to join in the fun in their own way.

If your child would like to participate, families are warmly invited to make a donation to **Samaritans**, a charity providing confidential, non-judgmental emotional support 24 hours a day, 365 days a year to anyone experiencing distress or struggling to cope. Samaritans offer a safe space to talk via phone, email, letter, and, in many areas, face-to-face support.

Donations can be made directly via the Samaritans website using the link below:

[Donate to Samaritans | Donations | Samaritans Mental Health Charity Donations](#)

To learn more about the important work they do, please visit the Samaritans website.

Although families will not be onsite on Friday 13 February (as there will be no coffee morning or assemblies on the last day of Term 3), we will capture plenty of photographs and share the joy and spirit of the day on our social media channels.

Thank you, as always, for your support in promoting the wellbeing of our students. We look forward to a wonderful, positive event!

Yours sincerely

Mrs E Tobin  
Deputy Headteacher