

12 February 2026

Dear Parents and Carers

To coincide with Children's Mental Health Week, we are delighted to be launching the next phase of our Mental Health: It's Not All in the Mind webinar series.

As part of the mental health strand of our [Belonging by Design](#) strategy, Anglian Learning is pleased to be offering a series of free webinars and initiatives across this academic year for parents and carers.

Phase 2 of the 'Mental Health: It's Not All in the Mind' webinar series shares evidence-based information, grounded in the latest research and medical understanding, on how the food that we eat has a direct effect on our mental wellbeing. Our website contains resources and signposting to help you put the information you learn into practice. Watch the webinars and access resources by [clicking here](#).

If you have yet to start the series, you can [click the link here](#) to watch the first series. We are asking parents and carers to complete a short survey to help The Foundation for Young People's Mental Health (YPMH), who recorded the webinars, to measure the effectiveness of this series. You can find a link to the survey within the webpage linked above.

I hope you find these webinars a useful tool to enable you to understand and support your own and your child's mental health and wellbeing, and please do make use of the resources on the webpage for further support and guidance.

Kind regards



Camilla Saunders

Director of Inclusion at Anglian Learning

