



Dear Parents/Carers,

12th March 2021

Re: Supporting students' mental wellbeing

We are very aware that the recent lockdown as well as social distancing restrictions for the last year coupled with some uncertainty over exam assessments and other pressures on our young people has impacted upon the mental wellbeing of some of our students. We will be running a range of activities in school in the coming months to help support students in the area of positive mental wellbeing as well as exploring ways that we can embed this in our curriculum for future years.

As part of the home-school partnership, I wanted to take this opportunity to draw to your attention a free online learning course that is being run at present through Future Learn that may help you to better support your child through the coming weeks and months as life starts to return to some sense of normality. The link to the course is:

<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

The course covers psychological first aid and explores the techniques to support young people during crisis situations and afterwards. It looks at young people's mental health and what adults can do to help them cope. The course is produced by Public Health England in conjunction with a wide range of experts and organisations. The course is aimed at workers and volunteers who work with children and young people, but it may also be of benefit to parents/caregivers. It runs across a 3-week period with one hour of study each week at a time convenient to you and has been reviewed as 4.4/5 by those people who have taken it.

If you have any concerns about your child's mental wellbeing, please contact their form tutor or Progress Leader to discuss these further.

Kind regards,

Miss Katy McMenamin

Safeguarding Team