



September 2022

Dear Parents & Carers

Mental Health & Wellbeing

You will be aware from previous letters that supporting our students' mental wellbeing is a priority.

Over the past few years, nationally we have seen a major increase in concerns for the mental wellbeing of young people alongside an ever-increasing need for support. This is a picture we see at our own, and other Trust schools.

Our Mental Health and Well-being Strategy includes:

- 7 members of staff who are trained as Mental Health First Aiders - our Pastoral Managers, our SENDCO and myself
- We promote wellbeing and how to look after our mental health across our curriculum including lessons, assemblies, tutor time and our Super Learning Days which take place twice a year.
- A proactive approach to referring and signposting students and families to outside agencies for help.

Our approach is to always want to do more.

As highlighted in the parent update last week, we are delighted to welcome Lucy Wright, School Counsellor joining our Pastoral Team in October. Lucy will be working with individual students and small groups on a referral basis. We will also run drop-in sessions for advice and guidance. Once our counsellor has established herself in school, we will update you on their programme of work. This is a very exciting time for the Pastoral Team, to offer enhanced professional advice and guidance to address some of the significant need we see on a daily basis.

In the meantime, if you have concerns about the mental wellbeing of your child, please contact their Pastoral Manager in the first instance.

Yours faithfully

Mr T Duce
Deputy Headteacher