

September 2018

Dear Parent / Carer,

RE: Mental Health lessons for Year 9

As part of developing children's emotional health and well-being, we will be running three PSHEE lessons this half-term on mental health which cover the following themes: Stress, anxiety and depression; Bereavement, and Eating disorders, self-harm and self-esteem. The resources have been developed by using a combination of research and activities provided by the highly respected organisations Child Bereavement UK, BEAT, the PSHE Association and the BBC. If you would like a copy of the lesson plans and resources, please e-mail a request to school.

Many young people are usually comfortable talking about these issues. However, in order to ensure their well-being, it is essential that we know about any information that you think is relevant.

Please inform your son's Form Tutor, Mr Fadden or Mr Saran of any recent bereavement that your child has had, any other significant deaths or traumas that your child has experienced, or any instances of mental health issues (including eating disorders) within the family that you think we should be aware of. This will ensure that the school is fully prepared for any issues that might crop up during or following the lessons. Any details will be treated sensitively. As well as the aforementioned staff, our Social, Emotional and Mental Health mentors, Mrs Chapman and Mrs Chatwin, will be advised in advance that this lesson will be taking place, so that they can be on hand for any pupils needing further support. Any pupils identified as being potentially vulnerable will be spoken to in advance of the lesson and the content of the lesson made clear. Every pupil will be told at the start of the session that they may take some 'time out' if they need to, and return to the classroom when they are ready.

If you would like more guidance or information on how to approach these themes with your child at home, please send an e-mail to school and we can point you in the right direction.

Please do contact us if you have any concerns, questions, or would like more information.

Yours sincerely,

Mr R. J. Langton
Headmaster

Mrs S. McPhee
PSHEE Coordinator