

10th October 2023

Dear Parents/ Carers,

Today is mental health awareness day and we wanted to take this opportunity to write to you and explain how we support children and parents' mental health as a school.

MHST

We are incredibly lucky to work with the Mentally Healthy Schools Team, a team of trained professionals, who are able to sign post to external services, support and offer intervention for children who may be struggling with low mood, self-esteem or anxiety.

Healthy Minds Calderdale

We are also working in partnership with Healthy Minds Calderdale who have been in school running weekly sessions to support emotional regulation for our Y4/5 and Y5/6 children. The team have also delivered whole class workshops on a variety of topics including: kindness and social media, self-esteem and mental health matters.

External agencies

We have also completed many referrals to external agencies such as 'Invictus', 'Spotlight', Young Carers' and other parental support groups.

Our Curriculum

Our PSHCE curriculum has been carefully constructed to support the children's awareness of mental health. We deliver lessons on recognising anxiety in the body, discussing self-esteem, friendships and strategies for emotional regulation. We work to normalise discussions around mental health and ensure the children feel comfortable and safe discussing their feelings. We also have a worry box positioned around school that is checked on a regular basis. The children are aware where this is and they know if they have a worry they can put it in the box and an adult will support them with this.

Support for parents

We are aware that supporting a child with mental health needs can be worrying and challenging for parents and we are keen to offer help and guidance to parents too. We have run a variety of workshops around anxiety and low mood for parents to offer practical advice and strategies, our next anxiety workshop being on the 12th October at 9am. We have also referred parents to 'Silver Cloud' which is an online training tool where they can complete training in their own time around various mental health issues to improve their knowledge and awareness.

Parental Mental Health

We also work in partnerships with various agencies able to support parental mental health. We are able to complete referrals and sign post parents to the support available in their local area.

Best Wishes

Mrs Akroyd, Miss Horsfall and Miss Vincent (SLT)