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Friday 04 February 2022

Dear Parents and Carers,

It has been a lovely, busy and productive week in school. The weeks are flying by!

### Children's Mental Health Week 2022

Next week we will be marking Children's Mental Health Week, reflecting the increased awareness of mental health, along with the recognition of the numbers of young people with mental health difficulties.

We will provide a series of opportunities for students to reflect upon, and look at ways to manage and improve their mental health. This will include information and advice on how this can be done for themselves by using some self-help techniques and resources, along with signposting places and organisations that can offer further help. In addition to the qualified staff that we have in school who include Thrive Practitioners, Mental Health First Aiders, School Councillor and our now well established Wellbeing in Mind Team, we will also be using the newly appointed Student Wellbeing Ambassadors.

The theme for the week is **Growing Together** and we are being challenged to encourage children and adults to consider how they have grown and how they can help others to grow. An ambition close to our hearts reflecting our school ethos with our motto, 'To Grow in Wisdom and Grace'.



We have been speaking to groups of our students this week to discover additional things that we can do to support them and help them to support each other. They have come up with some fantastic ideas and they will be meeting again next week to help in the planning of our next well-being day.

Continued overleaf

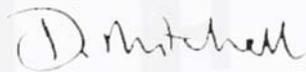
Next week is also National Apprenticeship Week. We will be supporting this event throughout the week and will be having a variety of interactions during form time and lessons. Year 11 will also have a visit from the National Apprenticeship Service giving them advice on how to find and apply to apprenticeship vacancies. More information can be found at <https://www.apprenticeships.gov.uk/influencers/what-is-naw-2022>

**'Together may we give our children the roots to grow and the wings to fly.'**

Subject staff are looking forward to speaking to parents of Year 7 at their online parent's evening on Thursday 10th February. If you need help booking appointments, please get in touch.

Have a relaxing weekend everyone,

Yours faithfully,



Mrs D Mitchell  
Headteacher