

31st January 2023

Dear Parent/Carer

Re: Time to Talk Day – Thursday 2nd February 2023

This year, to mark the occasion for 'Time to Talk Day', we are raising the profile of the number of things we have on offer at school to support mental health and wellbeing through our Whole School Approach Programme. **From Monday 30th January to Friday 3 February 2023**, we have planned a range of activities to encourage positive and open conversations surrounding mental health to help combat the stigma.

Activities which will be taking place:

APEX Lessons – APEX stands for Achieving Personal Excellence and is delivered each week to students across all year groups. In lessons during the week your child/children will be starting their lessons with a True or False session, which is designed to get them thinking and talking about mental health problems.

MIND Drop In – The Whole School Approach project offers a wellbeing drop-in, whilst working within school students can book an appointment to see Mrs Sally Mulligan, our Mind Practitioner, if they are feeling down, anxious, worried, in need of a chat or are just wanting information or signposting. Please note that this is not therapy or counselling, it is a listening service. It is an opportunity to have an open conversation with a professional. These conversations will be kept confidential, providing Mrs Mulligan does not feel that your child or anyone else are at risk of harm.

The drop-in service is available on **Wednesday's and Thursday's in school**. The appointments will be on a first come-first served basis. To book an appointment, you or your child can speak with Mrs O'Sullivan, our Safeguarding Officer.

The drop-in sessions are also available to **parents and carers**, you can arrange a chat with Mrs Mulligan by emailing her at SMulligan@heymind.org.uk, please include the name of the school in your email. This service is confidential.

Wednesday 8th February 2023: Parental Workshop. Our MIND Practitioner Mrs Mulligan will be holding a "Anxiety skills workshop" from 4.30pm - 5.30pm. This session offers practical advice for parents and carers about talking about anxiety with your child. If you wish to attend, please email: office@thesnaithschool.org.uk

School Nurse Drop in – Every **Tuesday**, the School Nurse is available in school and offers a confidential service for all our students. If your child/children are interested in having an appointment, these can be arranged through our Pastoral team.

Wellbeing Ambassadors – **Tuesday's and Thursday's** - Our Student Wellbeing Ambassadors will be hosting their weekly lunchtime club, with games that help students to make friends with others and feel more confident in building positive friendships within school.

Extra-curricular clubs – We have a wide range of extracurricular clubs going on throughout the school at lunch and after the school day, which are designed to get students socialising and build positive relationships with others with similar interests. These range from sport and creative arts clubs, to chess club and darts club. Please ask your child to find out more and take up the opportunities on offer.

Student Workshops – During the course of this year, 400 students have accessed workshops in the following areas:

Year 7- Transition and Self Care

Year 8 - 5 Ways to Wellbeing

Year 9 - Self-Esteem and Confidence

Year 10 - Resilience and Adult life

Year 11 - School Life and Exam stress.

We hope that by providing these opportunities for students, everyone will develop the skills and awareness to support themselves and others to have good mental health and wellbeing.

Form Time – Each week our form time focuses upon three key areas:

- **Wellbeing Wednesday**, which raises awareness of mental health and wellbeing issues.
- **Thought for the Week**, designed to create discussion about current issues.
- **Online Safety Friday**, this covers the dangers of all things associated with online activity.

Please follow our twitter feed for more links on support and short videos to support with breaking down the stigma of talking about mental health.

To find out more about Time to Talk Day, please visit the following website:

<https://www.mind.org.uk/get-involved/time-to-talk-day-2022/>

We hope that the week will be enjoyable, whilst also helping to raise awareness about the importance of discussing mental health.

Yours faithfully,

Mr R. Wilson

Director of Pastoral Care