



Our ref: CMN/EFR
Date: 1st February 2019

Dear Parent/Carer,

I am writing to all parents about young people's mental health, to increase understanding and also to signpost support available from within and outside of the school.

We all have mental health, like we all have physical health. It's important we take care of them both as they are part of our overall wellbeing. When someone experiences a mental health problem, it can affect their thinking, their mood, and their ability to relate to others as they usually would.

You may be surprised how common mental health problems are. 1 in 10 young people are affected in any year. So, even if your family isn't affected directly, you or your children will know someone who is going through the experience right now.

The most commonly diagnosed mental health problems are anxiety, bipolar disorder, depression, eating disorders, schizophrenia, OCD, personality disorders and phobias. Unfortunately, 9 in 10 people who have experienced a mental health problem say they have experienced stigma and discrimination as a result. We hope that by talking about mental health we can enable young people to look after their own health, reduce the stigma around asking for help, and allow them to support their peers. We are therefore undertaking assemblies to raise awareness of the issues and also to ensure students know how to access support if and when they need it.

Mental wellbeing is included within the PSHE and form-time curriculum, and we also encourage students to develop resilience so they are better equipped to manage day-to-day stress and anxieties. In addition, we would also like to draw your attention to the following support that is available:

- **Form Tutors** – form tutors see students every morning and are therefore able to provide day-to-day support.
- **Year Leaders** – Year Leaders provide pastoral support for students who are experiencing difficulties that affect their wellbeing. Year Leaders are available before school, during break and lunchtime for students to let them know they would like to speak to them. They will then arrange a time when they can meet with them properly to talk things through.
- **Wellbeing Ambassadors** – we have a team of ambassadors who are keen to support their peers. They are available to talk to in The Haven during every break and lunchtime, supervised by a member of staff.
- **Green Room Intervention Programmes** – we run a large number of workshops for groups or individual students. The list of these programmes can be found on our website. If you feel your child would benefit from taking part in any of them, then please contact Ms Sadler at the email address given on the website.

<http://www.pudseygrangefield.co.uk/about-our-school/student-support/>



- **Website** – also on our website, in the ‘For Parents & Carers’ area there are useful links such as for Childline, NSPCC, The Marketplace, Stonewall and ParentInfo.

<http://www.pudseygrangefield.co.uk/for-parents-carers/safeguarding/>

- **Kooth** – Leeds has recently commissioned Kooth. This site enables students to access a free, safe and anonymous, online counselling service which operates Monday to Friday 12pm - 10pm, and Saturday to Sunday 6pm - 10pm. It is a text-based service provided by qualified counsellors and also includes peer forums and resources. It is accredited by the British Association for Counselling and Psychotherapy (BACP) and endorsed by the NHS. Over half of 11-18 year olds in the UK have access to Kooth and over 1500 log-in every day. If parents would like more information please email parents@xenzone.com.

<https://kooth.com/>

- **Room 135** – students who would like to spend breaks and lunchtimes in a quieter environment, within a small group, are welcome to go to room 135 which is supervised by mentors who run activities every day. Organised walks also allow students to spend time outdoors together.
- **Wellbeing Wall** – at the bottom of The Street there is a display board which is updated regularly with hints and tips about how to stay healthy.
- **Child Protection** – Safeguarding is our number one priority as a school, and as such it should also be noted that the Child Protection Officers in school are:
 - Clare Martin (Deputy Principal)
 - Ghislaine Mullan (Year 7 Year Leader)
 - Marie Williams (Year 11 Year Leader)
 - Kiran Nota (Year 10 Year Leader)
 - Janet Sidebottom (Progression Manager)

I hope this update provides some useful information for you and your son/daughter. As ever, we are keen to support families in any way we can, so please do contact the school if we can be of any assistance.

Yours faithfully,

Mrs C Martin
Deputy Principal