



15 May 2025

Dear Parents and Carers,

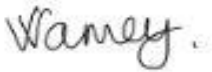
As it is **Mental Health Awareness Week (12th - 18th May 2025)**, we want to take this opportunity to highlight the importance of your child's emotional wellbeing and share the ways in which we at school are committed to supporting them. We believe that a happy and healthy mind is fundamental to your child's success and overall development. We also want to ensure you are aware of the ongoing support available to your child within our school community. Here are some of the key services and strategies we offer:

- **Teen Health:** Our dedicated Young People's Health and Wellbeing Officer, Alesha, visits school every Monday and is available to provide support and guidance to students on a range of emotional wellbeing concerns. Alesha works closely with students, offering a safe and confidential space to talk and explore any challenges they may be facing. If you have any concerns and would like to make a referral for your child to access their services, you can do so through this [link](#). You can also find more general information about Teen Health and their resources for parents on their website: <https://www.teenhealth.org.uk/parent/>
- **TellMi:** We highly recommend [TellMi](#), a confidential and anonymous two-way communication platform designed to support young people's wellbeing in schools. TellMi allows students to easily and safely reach out for support if they are struggling with their mental health or have any concerns. Key features of TellMi include:
 - **Anonymous Reporting:** Students can share their worries without revealing their identity, helping them feel safer and more comfortable seeking help.
 - **Two-Way Communication:** Designated school staff can respond to students' messages, offering support, advice, and signposting to appropriate resources.
 - **Early Intervention:** By providing a platform for students to voice concerns early on, we can intervene proactively and prevent issues from escalating.
 - **Easy Access:** TellMi is accessible through a simple app or web link, making it convenient for students to use whenever they need support. We encourage you to discuss TellMi with your child and reassure them that it is a safe and confidential way to seek support within the school environment.
- **Post 16 Pastoral Support:** For our older students, we have the dedicated support of Gemma, our Post 16 Pastoral Support Officer, who is also a trained Counsellor. Gemma offers individual counselling sessions and provides tailored support to meet the specific needs of our Post 16 students as they navigate their academic and personal journeys.
- **youHQ Wellbeing Platform:** We encourage all students to proactively monitor their wellbeing by logging how they are feeling every two weeks on the youHQ platform: <https://lifeontime.co.uk/youhq-login/>. This tool helps students to become more aware of their emotional patterns and provides valuable insights that can be shared with their pastoral support if they wish.

- YoungMinds Website: We also encourage you to explore the YoungMinds website (<https://www.youngminds.org.uk/>), a fantastic resource offering information, advice, and support for young people's mental health and wellbeing, as well as resources specifically for parents and carers.

We believe that by working together, we can create a supportive and understanding environment where all our students feel empowered to prioritise their mental health. If you have any concerns about your child's wellbeing, please do not hesitate to contact their form tutor or myself directly.

Yours sincerely,

A handwritten signature in dark ink, appearing to read 'Vamey'.

Vicki Varney
Senior Mental Health Lead
Assistant headteacher - Post 16