

To: All Parents/Carers of Year 7 to Year 11 Students

Our Ref: 87392778

9 January 2023

Dear Parent/Carer

Re: Wellbeing Workshops

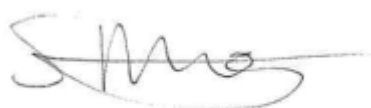
In partnership with MIND, we have developed our Whole School Approach for mental health and wellbeing. As part of this, each term, we are able to offer a carousel of 1-hour workshops that any student can access through parental-referral. These 1-hour workshops, are tailored towards mental health and wellbeing issues that students may face and offer them the tools and skills they require to maintain good mental wellbeing.

If you feel like your child would benefit from any of the sessions available, please email wellbeing@southhunsley.org.uk with the student's name, form group and the workshop requested. Once the student is booked on, please pass on the information so that they attend. **Please be aware that a student cannot attend more than 3 sessions a half term, but may book onto others next half term.**

Please note, there are limited spaces for each workshop, however, we do have the capacity to add more in the future for those in high demand. The workshops and dates this term are below:

5 Ways to Wellbeing	Improved awareness of ways to manage positive emotional wellbeing using the 5 Ways to Wellbeing Model. Workshop aimed at raising awareness about changes that can occur in a young person's life. Offers top tips for young people to look after their wellbeing during times of transition.	Thursday 12 Jan Period 3	Library
Self-Esteem & Confidence	Aims to equip pupils with the skills to help strengthen their self-esteem & confidence.	Thursday 19 Jan Period 3	Library
School Life & Exam Stress	Students to be better equipped with coping strategies to manage stressors of school life impacting on emotional health & wellbeing.	Thursday 26 Jan Period 3	Library
How to Have a Conversation About Mental Health	Arms students with the skills to be able to articulate themselves when discussing mental health with others.	Thursday 2 Feb Period 3	Library
Resilience & Adult Life	Students to be better equipped with skills & coping strategies to help manage problems in life & build emotional resilience. Introduces problem solving techniques that can be implemented through to adult life.	Thursday 9 Feb Period 3	Library

Yours faithfully



Stephanie Morton
House Leader - Hercules