

Dear Parent / Carer,

I hope this email finds you and your families safe and well.

You will be aware that since the pandemic nationally, Child and Adolescent Mental Health Services are under a lot of strain with waiting lists of up to 2 years.

At school, we offer a range of support for well-being to all students. Our universal offer includes:

- Assemblies
- Information on the school website
- Mental Health First Aiders
- Assemblies on emotional well-being
- Awareness raising session
- The Hummingbird Project (Yr 7 only)
- Well-being student ambassadors

Additionally, we also provide the following where there is an emerging or identified need for support:

- Sessions with our school counsellor
- CBT with our well-being practitioner for emerging, low level mental health needs
- Reasonable adaptations based on individual needs
- Advice to parents / carers
- Emotionally Based School Avoidance Programme

We also wanted to share with you some resources that you may like to use to support you with knowing how best to approach any difficulties that your child is experiencing.

The following links are for online courses, most of which are free:

<https://bounceforward.com/our-courses/anxiety-unravelling/>

<https://bounceforward.com/our-courses/raise-resilience/>

<https://freecoursesonline.co.uk/mental-health/children-and-young-peoples-mental-health/>

<https://www.place2be.org.uk/our-services/parents-and-carers/support-for-families-in-place2be-schools/parenting-smart-online-course/>

The Thrive in Bury Padlet link signposts you to different sources of help within the Bury area around parenting, home / personal circumstances and emotional well-being:

<https://padlet.com/ThriveinBury/thriving-in-bury-for-parents-carers-mjo8ec23zmy8knyh>

It is a great resource for identifying strands of support for your child and there are lots of links to different support pathways that are helpful for both parents and young people.

Please contact us if you need any further information around the support we have on offer for emotional well-being at The Heys School.

Best regards,

Helen Pickavance

Miss H Pickavance

Lead Practitioner for Safeguarding and Student Well-being