



MAIDEN ERLEGH

SCHOOL

Headteacher: Mr P. Gibson
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Dear Parent/Guardian

Children's Mental Health Awareness Week

As a whole school from 3 – 9 February, we will be raising awareness of Children's Mental Health.

Leading up to and during this week, students will receive an assembly on mental health, detailing what it is, how we can support good mental health and where to go for help.

There will be an opportunity to take part in 'wear it green' in PE and students will be able wear green bows, which we will have available for a small donation. The proceeds from this will go towards mental health counselling and resources in school.

As well, our sixth form team will be selling green pin ribbons to help raise awareness of Children's Mental Health Week. The money donated will be put towards purchasing wellbeing resources for our Inclusion Department. There will be a suggested donation of £1.

At Maiden Erlegh School we discuss mental health often through our PSMSC programme and we have a range of supporting resources, which include:

- Inclusion student support area and mentors
- Advice and information displayed on TV screens
- Training for all staff on how to support students with their mental health
- Trained Mental Health First Aiders
- School Counsellor
- JAC Team (Youth Workers)
- Educational Mental Health Practitioners

For students who are struggling with their mental health it is often necessary for us to guide them and you to external professionals for support. We are aware of the national and local issues with regards to long waiting lists and are working closely with partner agencies to ensure that we have a breadth of support, in addition to the GP, that we can refer you to including:

- ARC and No 5 Counselling Services
- Children Adolescent Mental Health Services (CAMHS)
- ANDY Clinic – Anxiety and Depression
- PANDA – University of Reading for Panic Attacks
- Berkshire Eating Disorder Services

As parents/guardians, it is often difficult to know how to discuss mental health with your child. The Anna Freud foundation has provided an excellent leaflet which you may find useful to help guide conversations at home about mental health <https://www.annafreud.org/media/7223/secondary-parents-leaflet-final-proofed.pdf>.

Should you have concerns about your child's mental health then please do not hesitate to get in contact to discuss to see how together, we can support them further.

Yours sincerely

Miss S Grindey
Pastoral Leader