

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

Our Ref: 87429316

28 February 2023

Dear Parent/Carer

## Re: Wellbeing Workshops

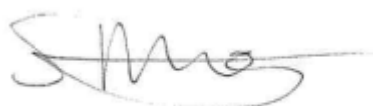
In partnership with MIND, we have developed our Whole School Approach for mental health and wellbeing. As part of this, each term, we are able to offer a carousel of 1-hour workshops that any student can access through parental-referral. These 1-hour workshops, are tailored towards mental health and 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](mailto: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.**

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:

<b>Self-Esteem &amp; Confidence</b>	Aims to equip pupils with the skills to help strengthen their self-esteem & confidence.	Thursday 2 <sup>nd</sup> March Period 3	Library
<b>School Life &amp; Exam Stress</b>	Students to be better equipped with coping strategies to manage stressors of school life impacting on emotional health & wellbeing.	Thursday 9 <sup>th</sup> March Period 3	Library
<b>Resilience &amp; Adult Life</b>	Arms students with the skills to be able to articulate themselves when discussing mental health with others.	Thursday 16 <sup>th</sup> March Period 3	Library
<b>How to have a conversation about mental health</b>	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 23 <sup>rd</sup> March Period 3	Library
<b>Your Voice Matters</b>	Aims to empower young people to become more confident talking about mental health & wellbeing and encourages young people to identify & implement change they would like to see	Thursday 30 <sup>th</sup> March Period 3	Library

Yours faithfully



Stephanie Morton  
House Leader - Hercules