



CARDINAL NEWMAN CATHOLIC SCHOOL

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Children's Mental Health Week February 2023

Dear Parent/ Carer,

We hope you and your families are well at this time.

We are writing to inform you of the variety of activities students have taken part in to promote Children's Mental Health Week, 6th-10th February.

Our students have engaged in assemblies and workshops as part of our pastoral programme on how to make positive connections with family, peers and the community and the impact of disconnection on our mental health. Students have also learnt about the impact that high levels of screen time can have on their well-being and mental health. To support parents/carers with managing their child's screen time we have provided you with a Parent's Guide to managing screen time that you can access via this link:- [Cardinal Newman Catholic School - Safeguarding \(cncs.school\)](http://www.cncs.school)

This week, selected students have had the opportunity to attend mental health workshops on anxiety and exam stress delivered Kooth. Kooth is an online mental healthcare service which aims to provide mental health service to young people and can be accessed via this link:

<https://www.kooth.com/>

This year we have introduced our Mental Health Student Ambassadors, these are 6th Form students that have been trained to work alongside our School Counsellors and are available at lunchtime in the library for any students that feel the need to talk to someone about their wellbeing. For parents/carers that would like more guidance and support, please see the link below to our Signposting Booklet that offers links to external agencies that can support your child's mental health and wellbeing:- [Cardinal Newman Catholic School - SignPosting to Agencies for information, support and advice \(cncs.school\)](http://www.cncs.school).

If you are concerned about your child's mental health or wellbeing please do not hesitate to contact school on 02476 332382 and speak to your child's Head of Year.

Kind regards,

Rachael Buswell

Counsellor

