

28 January 2019

Dear parent/carer,

At St James, we take the mental health of our students and the whole school community very seriously. In collaboration with the Early Help 4 Mental Health team, we have been introducing a range of strategies to allow our students to reflect on their own resilience and wellbeing in and out of school.

This week, I am delivering assemblies to students around the themes of positive mental health and wellbeing, which are supported by a set of strategies called '10 a day' and 'normal magic'. Our school staff have been trained to help young people who may need support using these strategies. I hope that your children are able to come home and speak to you about these themes and strategies and talk about them in a positive way. Please see a poster that summarises the '10 a day' toolkit attached with this letter which I hope you may find useful.

I would like to invite you to two parent information sessions that we are holding at St James in the next few weeks. The first will take place on Tuesday 5th February from 4pm until 5:30pm, where the Early Help 4 Mental Health Team and myself will be able to talk parents and carers through the '10 a day' and 'normal magic' strategies. This will give you a chance to find out more about positive mental health and ask any questions you may have.

The second parent session will be held on Tuesday 5th March from 4pm until 5:30pm, where we will be focusing on the theme of anxiety and more specifically, giving some advice and strategies to parents in managing anxiety in a young person.

Both of these parent sessions are open to everyone and will be held in the school Library. Refreshments will be served. There is no need to confirm your attendance in advance; please feel free to just come along and find out more.

This is something that I and St James feel very passionately about and I hope you can see the value in investing our time in supporting all of our young people to be positive and resilient around their wellbeing. If you have any questions, please contact myself on email JOW@stjamesexeter.co.uk. If you wish to know more about the Early Help 4 Mental Health team and the work that they are doing, please visit their website: <http://eh4mh.co.uk/>

I hope to see you on 5th February and/or 5th March from 4pm at one of our parent sessions.

Yours sincerely



Mr Jamie Wordsworth
Assistant Headteacher (Welfare & Wellbeing)