



Mr G Panayiotou – CEO & Executive Headteacher
Mr John McNichol – Chair of Governors
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1st February 2022

Dear Parent/Carer,

Children's Mental Health Week is taking place on **7th - 13th February 2022**. This year's theme is **Growing Together**.

We will be encouraging pupils (and their parents/carers) to consider how they have grown, and discuss how they can help others to grow.

The theme of 'Growing Together' will be delivered in school through a variety of approaches such as; assemblies, lesson activities, parent workshops, peer mentoring and the sharing of wellbeing resources. The 'Wellbeing Wednesday' form time activity will also focus on 'Safer Internet Day 2022', as pupils need to be mindful of the effect that social media can have on their wellbeing.

The parent workshop **'How can you support your child's wellbeing through their teenage years and beyond'** will take place on the 7th February at 6pm over Microsoft TEAMS. It will last for 1 hour, and then there will be time at the end for questions. There are 30 places available. The workshop will cover:

- Childhood worries and how to recognise the signs
- How to promote your child's resilience
- The basics of sleep, what we eat and exercise
- Resources and helpful links

If you would like to attend the parent workshop, then please email admin@castlefordacademy.com to express your interest by 12pm on Friday 4th February.

Please see the reverse of this letter for further 'top tips' on how to support your child with their emotional wellbeing, such as conversation starters and useful contacts etc.

Pupils also have a page in their planner with a number of websites, phone numbers and text-lines that can be used to signpost support. One of which is Kooth; Kooth is an online mental health and emotional wellbeing service is available to young people (aged 10-18). It is a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with accredited counsellors and qualified emotional wellbeing practitioners. All chat sessions are done via text, and last up to an hour. Chat is available from 12pm to 10pm on Monday-Friday, and 6pm-10pm on Saturday-Sunday, providing a much needed 'out of hours' service. Kooth is accessible from any device that can access the wifi, allowing young people to seek help and support at a time and location that is suitable for them, please visit www.kooth.com for further details.

If you have any further questions regarding emotional wellbeing support for your child, please do not hesitate to contact Ms Page at the academy.

Yours faithfully

Ms M Page
Assistant Headteacher

