

20 May 2020

Dear Parent /Carer,

**Re: Mental Health Awareness Week**

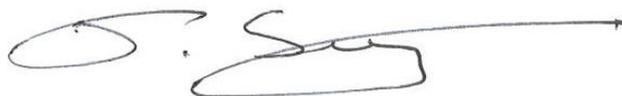
As this week is Mental Health Awareness Week, I wanted to take the opportunity to remind you of the useful links and contact telephone numbers available on our school's website (<http://www.southhunsley.org.uk/secondary-school/parents/safeguarding-and-inclusion>). This is usually a time of year when, in the run up to exams, anxiety and stress levels can be high for some students. It is fair to say that in the current circumstances we are all facing uncertainty and challenges, which are clearly going to impact us all but most notably our young people.

The links on the website offer advice and help to parents, should you feel that this would be of benefit.

I would also like to make you aware of some of the inclusion services that we are able to access for our young people at this difficult time, including MIND support, Social Mediation and Self-Help (SMASH) programmes and support from our well-trained, in-school colleagues. We routinely signpost and refer students to these during term-time when we identify, in consultation with parents, any concerns. These support services cover a wide range of topics such as bereavement, eating, anger, anxiety and self-harm. If during this time, your child has found things tough and you feel they would benefit from accessing these, please can you contact our Inclusion and Welfare Officer, Claire Coppini ([Claire.Coppini@southhunsley.org.uk](mailto:Claire.Coppini@southhunsley.org.uk)) and we can look at appropriate support for them.

Finally, in the current climate of social distancing, online social media has become increasingly important to young people. Whilst social media has a lot of benefits, especially at a time when children are not seeing their friends in the same way as they would normally, it also carries some risks. The link above has information on age ratings for social media, as well as a link to Internet Matters, which has much more detailed information on the types of social media that your child may be currently using, so that you are able to engage in informed conversation with your child about these.

Yours faithfully,



Tom Sergeant  
**Assistant Headteacher – Safeguarding & Inclusion**