



25/4/17

Dear parents/carers,

I am writing to give you an update on **our wellbeing initiatives**.

You will be aware that we have had a more significant need for **counselling** for our students recently. We continue to have an additional counsellor in school. The counsellors have seen all our Year 11 students and the majority of our Year 12 students. They also, alongside our permanent pastoral counsellor team of Lorna de la Para and Jo Mahoney, see any students with a need for counselling from other years. If your child feels they need counselling, they can give their name via the red box system, directly to a staff member, or via the Sharp System www.thesharpsystem.com. You can also use the Sharp System or send an email to your child's head of year or myself if you would like them to have counselling.

We have also had additional advice or drop in meetings for parents/carers. As in my last letter we have another meeting on **Wednesday 26th April 2017 from 6.30pm until 8.00pm**. This includes advice and discussion about **boundaries** for your children: it is particularly relevant for parents of Year 7 to 9 students. It links with parental requests for advice on screen time limits/social media use, getting and maintaining good sleep patterns and setting appropriate boundaries about parties.

We have had a number of wellbeing talks for our Year 11 students. These have been co-ordinated by Michael Collins, who is also taking forward other wellbeing initiatives. These include us being part of the first year of the government funded **Youth Mental Health First Aid in Schools** project. We are also taking forward training for students on peer support. Students have had talks with their form tutors about mental and emotional wellbeing. My thanks to the PPP team for putting these together for all tutor groups.

My last piece of news for this letter is that we have moved forward with a fund for the **SNS Headspace** work, which aims to promote positive mental health at SNS and beyond. We already have some funds, which have been generously donated. Myself, and two other colleagues, Mr Hershkowitz and Mr Kelly, are running the **Hackney Half Marathon** on Sunday 30th April in aid of the fund. You can donate at <https://www.justgiving.com/crowdfunding/snsheadspace>.

Thank you for your ongoing support. Please do contact me if you have any queries or drop in to see me from 6pm to 6.30pm before the meeting on Wednesday.

Best wishes,

Annie Gammon

Headteacher