

Metal health awareness week

When does it take place?
February 5th to Feb 11th 2024



Did you know?

75% of mental illnesses start before a person's 18th birthday. With most long-term mental health problems beginning in adolescence, there's a growing need for support for young people. In Children's Mental Health Week, we highlight the importance of mental health support from a young age.

What's this year's theme?

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

Please take a look at this website for ideas of what you can do with your family during this week.

<https://www.childrensmentalhealthweek.org.uk/>

Top tips at home with your child...	Dates for the diary:
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Literacy tips:

Parent/carer sessions:

These are a great opportunity for Parents and carers to communicate with staff and other parents/carers. They are informal and supportive. Feel free to bring along outside agencies working with your family for support.

KS3 (Year 7, 8 and 9):

Look at your child's favourite song and read the lyrics, discuss their meanings.

Do you have a child with dyslexia? If so, take a look at this website with lots of support for parents and children.

<https://www.dyslexia-assist.org.uk/for-parents/who-are-dyslexia-assist/>

Thank you to those that attended the second session in November with the theme of: 'How to support your child's mental health' led by our school therapist.

The next session will be: 'How do we support your child in school?' Led by our safeguarding and support staff. Wed 17th Jan at 2.15pm.

KS3 and KS4 (Year 7, 8, 9, 10 and 11):

We offer SEND drop in coffee mornings and they will take place 10.30-11.30 on the following dates throughout the academic year:

18th Oct, 13th Dec, 14th Feb, 20th Mar, 22nd May and 17th Jul.

EHCP reviews:

Each year group will be invited into school for their annual review.

Half Term 1: Year 8

Half Term 2: Year 11

Half Term 3: Year 11 and 7

Half Term 4: Year 10

Half Term 5: Year 9

Useful contacts/events

Link for local food banks:

https://www.manchester.gov.uk/info/10050/help_with_the_cost_of_living_crisis/7733/food_banks_and_community_grocers

Useful contacts:

<https://literacytrust.org.uk/>

SEN family support group: <https://www.senfsg.com/>

<https://manchesterparentcarerforum.org.uk/>

Early Help: earlyhelpcentral@manchester.gov.uk

CAMHS: <https://mft.nhs.uk/rmch/services/camhs/>

