

Tuesday 28 September 2021

One goal – Mental Health Champions



Dear parents/carers

Your child has been chosen to take part in an exciting training session taking place this **Friday 1 October**. During the day, there will be a variety of activities that will teach advanced insights into caring for their own mental health as well as supporting their peers. Throughout the workshop, they will be empowered with the knowledge and skills to promote and support Positive Mental Health across our whole school.

We believe that teaching children and young people how to stay mentally healthy and giving them the skills and tools to be more resilient is essential following our school values. Your child will play an active part in developing this within our school to make a positive impact.

If you do not want your child to take part in this workshop please email the school at enquiries@carterhatchjunelt.org

Yours sincerely

H. McGovern

Headteacher

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