

20th September 2022

Mental Health Support Team (MHST) – free parent sessions

Dear Parent / Carer,

As you will know, one of our **KITE Values** at Bowling Green Academy is **Kindness**. Our children talk about this in regards to kindness to others, kindness to our environment and kindness to themselves (mental health and wellbeing). Children have assemblies and lessons at Bowling Green about ways to support and improve their mental health using the Wheel of Wellbeing, which is accessible around school and shared below:

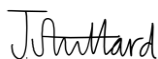


From time to time, some children may benefit from additional mental health support. As part of our continued work at Bowling Green with the Mental Health Support Team (MHST), which provides therapeutic interventions for children with low mood and anxiety, I would like to share these **parent/carers workshops around managing emotions, supporting positive behaviour and for various specific difficulties (such as sleep, sensory behaviours and self-esteem)**. The sessions are all free for families. For further details and to reserve a place, visit:

<https://openmindscamhs.org.uk/parent-carer-workshops/>

We are thrilled to be continuing our Mental Health Support Worker, Mrs Elodie Clowrey, in school this academic year. She has supported many children here and in other schools across Calderdale. As ever, please do not hesitate to speak to a member of staff in school if you have concerns about your child's mental health and wellbeing.

Yours sincerely,



Principal