



Central Lancaster High School,
Crag Road,
Lancaster,
Lancashire,
LA1 3LS

Tel: 01524 32636
Fax: 01524 849586
Email: clhs@lancasterhigh.lancs.sch.uk
Website: lancasterhigh.uk

October 2018

Dear Parent or Carer

Re: Skills 4 Change

As part of our on-going commitment to facilitate the good health and well-being of young people, we would like to take this opportunity to inform you that we will be delivering Skills 4 Change, a targeted programme for all Year 7 students.

This evidence based programme focusses on improving confidence, resilience, reduction of harm, awareness of substance misuse and coping skills, as well as improving attendance, behaviour and engagement within the school.

It is a classroom based six week programme, for one hour every Tuesday.

If you would prefer that your child **does not** take part in this programme, please complete the attached consent form and return to the school.

Yours sincerely

Nicky Miller
Student Support

Paul Longden
Resilience Programme

CENTRAL LANCASTER HIGH SCHOOL

Re: Skills 4 Change Resilience Programme Consent Form – October 2018

If you **do not** wish your child to take part in Resilience Programme sessions, please input your details below and return to school. Thank you.

- I **do not** wish my child to take part in the resilience programme.

Student's name: _____ Form: _____

Parent's name: _____

Signature: _____ Date: _____

