

**Dear Parent/Carer** 

We move towards the end of a long, but successful term.

# Mental Health Support for our Students

We have worked particularly hard this term on ensuring that our students have good support and knowledge around mental health. This has included sharing information with parents to support their children.

In the first assembly of the year, we introduced a theme for this year:

'Being Kind, looking out for Yourself and Others, Asking for Help'

As part of this work, we have done a number of things to support good mental health:

- Regular assemblies to promote students keeping themselves safe and their good mental health.
- We have held an 'Are you Okay?' exercise three times during the term to identify students who might need help. These students are then supported by trained Mental Health staff at school.
- Expanded our counsellor provision at school, so that students who need support can access it quickly.
- Accessed the Local Authority Educational Psychology Service, when students needed very specific and specialist support
- We held a very well attended parental event which provided information around supporting students with their mental health. This included inputs from the Local Authority Educational Psychology Service. The recording of this event can be accessed <u>here</u>.
- Regular information shared with parents, via the school app, around good mental health. Recent examples include information on promoting healthy sleep patterns and mobile phone use.
- We have met with members of the community, health service and social service to establish a common message to our students and parents across all services and institutions. This work is very important and is currently ongoing.
- Regularly signposted students to organisations that can provide support and information outside of school.
- Took part in the Get Britain talking (Get Moat Talking) to underline the importance of students talking about issues or concerns.
- Year 9 and 11 students took part in a large NHS survey. If this revealed any concerns, the students were offered support from the School Nurse Service.

# End of Term

We will be finishing school earlier than usual on Thursday 21<sup>st</sup> December. Year groups will be dismissed at the following times:

- Year 7, 8 12.30pm
- Year 9, 10 and 11 12.35pm

The last day of term will also be a Non-Uniform day, which has been organised by our School Council. All staff and students are asked to make a donation of £1. This term we are collecting for the United Nations Relief and Works Agency for Palestinian Refugees (UNRWA). The funds raised will go towards humanitarian relief in Gaza.

Students will also be watching our Moat Revue, which is always a memorable event! Good luck to all the performers!

### **Parent View**

We are always keen to gather feedback from our parents. Could you fill in a short questionnaire at: <u>https://parentview.ofsted.gov.uk/login?destination=give-your-views</u> This feedback will help us to improve the school.

#### Year 11

Our Year 11 students recently finished their mock exams. We will be holding a Mock Results Day for them on Tuesday 19<sup>th</sup> December. The drama of this event focuses the minds of our students on what they need to do over the coming six months, to achieve successful GCSE results. This will be followed by year 11 parents' evening on Wednesday 20<sup>th</sup> December.

If you have a son or daughter in year 11, please ensure that they start their revision for the final exams during the Christmas holiday.

### Holiday Calendar 2024/25

A copy of Moat's Holiday Calendar for the next school year can now be accessed here.

#### **Term Time Holidays**

We have had several requests to take students out of school for holidays in term time. As I have explained in previous letters, good attendance at school is essential for students' wellbeing and exam success. Absence for term time holidays will only be authorised in exceptional circumstances.

Should you decide to take your child out of school without permission, the absence will be recorded as unauthorised and you will either be issued with a Penalty Notice of £60 per parent per child which rises to £120 if not paid within 28 days or, your case will be referred by the Local Authority directly to the Magistrates' Court.

#### The Moat Staff

I am sure that you will join me in thanking the Moat staff for all their dedication and professionalism this year. As always, they have gone the extra mile to support our students.

I would like to wish you and your family a happy and peaceful holiday. We look forward to seeing you in the new year.

Thank you, as always, for your support of the college. If you have any questions or concerns, please contact me via the school office.

Yours sincerely

15m hlle

Brian Killeen Principal