

St Michael's Church of England High School

A Church of England Academy

Headteacher: Mrs J Jenks BSocSci Hons PGCE

Deputy Headteachers: Mr J Chadwick B Ed Hons, Mrs C Hooley BA Hons PGCE

'Growing in Body, Mind and Spirit'



January 2023

Dear Parents/ Carers

We are sending you a warm invitation to our 'Wellbeing Evening,' being held at St. Michael's school in the main hall at 6.30 p.m. on Thursday 26 January.

We are delighted to have been able to secure guest speakers who will support our own staff in addressing parents. The evening will include presentations from specialists in the field of mental health, including members of the newly formed mental health team from Compass Bloom; Mr Gow, who is one of our Pastoral Team, will discuss dealing with adolescent mental health issues from a parental perspective and Mrs Monaghan from St Michael's, who will share information about various support services that are accessible and available.

There will also be a presentation and focus on keeping safe online by our online safety leader, Miss Lauren O'Malley. Miss O'Malley will provide guidance and information on some of the latest applications, keep you updated on spotting risks and raise awareness of the latest issues. Feedback from parents previously is that they have found this information invaluable.

One in ten children in the UK experience mental health problems and spotting the signs and early intervention can be crucial in making a positive difference to their emotional wellbeing. Research suggests that 50% of all mental health problems begin by the age of 14 and this was before the Pandemic and the issues that school closures, not seeing friends and the uncertainty of what the future will bring.

We anticipate that this evening will attract high levels of attendance as it did last year. Could we please ask that you complete [this form](#) to indicate whether or not you are attending and how many seats you require. Please note that the evening is aimed at parents/ carers and how you can support your child. Pupils should not be in attendance.

The evening will commence at 18.30 and should conclude at approximately 19.30.

We very much look forward to seeing you at this event.

Yours sincerely

Jayne Jenks
Headteacher

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