

Spa Camberwell, Southampton Way, SE5 7EW

A special school for pupils with autism



13th May 2022

Dear Parents and Carers,

Mental Health Awareness Week



This week, our KS3 teacher Lauren led our whole school focus on promoting positive mental health and emotional wellbeing using Mindapples. We raised awareness of mental health, wellbeing and simple everyday tasks that raise our levels of mental energy. Staff reflected on their daily routines and found simple ways to support their minds. They reflected on things that add enjoyment and balance to their lives.

Students enjoyed participating in the Mindapples sessions. They experienced different activities and reflected on the emotional impact each had. Staff supported students to identify their 5-a-day for their positive mental wellbeing. The 5 a day are activities and moments that bring enjoyment and mental restoration.

Sign up for our Mindapples sessions for parents and carers with Lauren by completing the form below and returning it to the office.

Mindapples with Lauren for **KS3** parents and carers: **Tuesday May 24th at 9.05am to 10.00am**

Mindapples with Lauren for **primary** parents and carers: **Tuesday May 24th at 2.00pm to 2.55pm**

Events next week

Just a reminder the circus will be with us on Monday 16th. They won't be bringing animals. The owl show is on Thursday 19th so do let your class teacher know if your child has any worries about birds.

Timekeeping

Thanks to everyone for being on time at the start and end of each day. We have separate times for primary and secondary pupils for health and safety reasons. A reminder of the start times is below

Secondary pupils – 9.00am

Primary pupils – 9.30am

Have a lovely weekend.

Yours sincerely,

A handwritten signature in black ink that reads 'Steph Lea'.

Steph Lea
Headteacher



Mindapples Session

I will be attending the Mindapples session with Lauren on Tuesday 24th May.

Parent/Carer Name.....

Parent/Carer Signature.....

Name of Child.....

Date.....

Once this is complete, please return to the office.

Session Times

KS3 – 9.05am – 10.00am

Primary – 14.00pm – 14.55pm