



# St Edmund Arrowsmith Catholic High School

*A High Performing Specialist Technology & Music College  
with Leading Edge Status*

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B.A. (Hons), PGCE, NPQH, MSc

Wednesday 8<sup>th</sup> May 2019

Dear Parent/Guardian,

As a school, we take our responsibilities for the pastoral care of our students incredibly seriously and pride ourselves on the high level of support that we provide to our students throughout their time at our school.

You may be aware that there have been many discussions emanating from central government this year regarding removing the negative stigma which can sometimes surround mental health, and a call for those who work within the public sector to do more to safeguard those who suffer with a mental health issue. Nationally, there is an increasing number of young people who are accessing services and receiving support for a mental health condition; statistically 1 in 10 young people are diagnosed with a mental health condition. We believe that as a Catholic school we should do all that we can to support those students who are affected by mental health issues as well as encouraging all students to proactively develop a more positive mental wellbeing. As such, this year in school we have had a real focus on wellbeing resulting in the inception of our Mind, Body and Soul initiative. This programme has very much raised the awareness amongst our students of what mental health is, and what it is not; more importantly, it has taught them that sometimes "it's okay not to be okay".

Next week, Monday 13<sup>th</sup> May – Friday 17<sup>th</sup> May, is national Mental Health Awareness Week and therefore to supplement the efforts that we have already gone to as a school this year, we have decided to run a number of activities throughout this week to further raise awareness about the importance of building a positive mental wellbeing.

I am pleased to inform you that after developing a much closer relationship with the Child and Adolescence Mental Health Service (CAMHS), **our school Mental Health Awareness Week will culminate with a parent coffee afternoon 3:15-4:15 on Friday 17<sup>th</sup> May in the school hall**, where our new CAMHS link-worker will deliver a short presentation about mental illness in young people. I warmly invite interested parents to take this opportunity to have an informal chat with the Wigan CAMHS team or to use this time to speak to a mental health professional in a confidential setting about a particular young person.

I hope that you will find the above provision beneficial.

Yours faithfully,

*D Cullen*

Mr. D. Cullen  
Associate Assistant Headteacher

