

Our half termly newsletter aims to keep parents and carers informed of the most relevant and up to date news, guidance, advice and services that can support our young people and those who care for them...

# TIMEOUT

FIND YOUR THING

At Crossley Heath we recognise the importance of making positive connections with other people as a means to gaining and maintaining a positive sense of wellbeing. We want to raise awareness of **Time Out** – a young people’s activity programme offering young people the chance to make positive connections with others during the school holidays. Based at the Orange Box (near the Piece Hall), activities are free, led by excellent staff leaders and the schedule caters for a wide range of interests from boxing, to yoga to arts and drama. Visit their website ahead of half term to see what’s on offer...

Contact the Time Out team; Alex, Tara, Nikki or Kate on:

**01422 345154**

[timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk)

You can go straight to the **Time Out October Half Term Timetable** using the following link:

<http://www.timeoutcalderdale.co.uk/timetable.html>

## Senior Mental Health Lead Appointed



Chris Davis has been appointed as Senior Mental Health Lead at Crossley Heath. His role is to oversee the holistic approach to supporting mental health and wellbeing across the school community. Taking excellent care of the mental health of our students, parents/carers and staff is a key priority in our School Improvement Plan. In his new role Mr Davis will work with students, parents/carers, community partners and external agencies to build on the strong foundations already in place to create the most effective future wellbeing provision. Mr Davis is coordinating our school’s work towards the Carnegie Mental Health in School’s Award. More updates on our progress towards the award will follow.

[c.davis@crossleyheath.org.uk](mailto:c.davis@crossleyheath.org.uk)



## Calderdale eHNA 2021

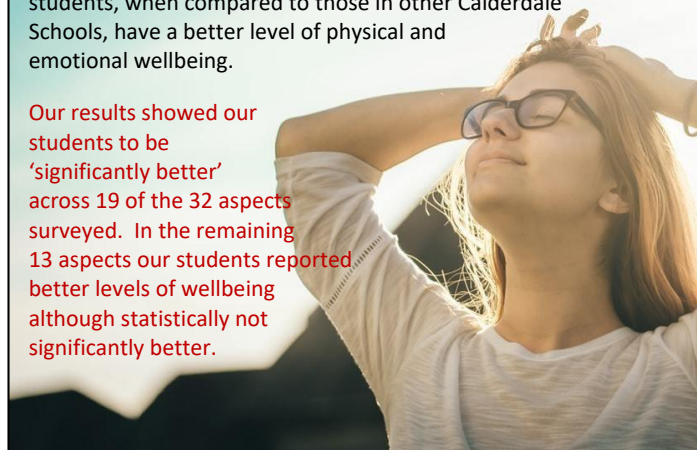
### Spine charts and trend report

Since 2010, all schools in Calderdale have been required to carry out an anonymous wellbeing survey that measures three key aspects; Health, Safety & Happiness. Students across Calderdale in Y5, 6, 7 and 10 carry out the survey online. It is carried out in school during the Summer Term and the results from it are collated by the local authority and then issued back to schools in a trend report. The report allows schools to consider the wellbeing factors affecting their students that may need prioritising for future intervention and support. It also allows schools to compare against the Calderdale averages for each measure.

### Crossley Heath – Key Findings

Overall our results from the trend report showed that our students, when compared to those in other Calderdale Schools, have a better level of physical and emotional wellbeing.

Our results showed our students to be ‘significantly better’ across 19 of the 32 aspects surveyed. In the remaining 13 aspects our students reported better levels of wellbeing although statistically not significantly better.



Our students reported: The lowest levels of sadness in Calderdale. The best quality of sleep and fewest number of students reporting low self-esteem in Calderdale. The report also evidenced that we had the most students who said they felt safe at school.



These are certainly reassuring findings. However, alongside parents and carers, we do identify and support students who are struggling to cope. We remain committed to strengthening the support we can offer to those students and this year we are working towards the Carnegie Centre of Excellence - Mental Health in Schools Award which recognises excellence in a whole school approach to supporting mental health and wellbeing.