

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...

## Mental Health & Wellbeing Student Leadership Action Group

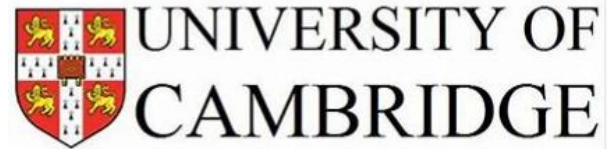


This term has seen significant developments in our future provision for supporting the mental health and wellbeing of all our community.

We have a newly formed Student Leadership Action Group who have already completed an Open Minds training workshop as we look to re-establish a peer support network at school.

The Action Group, led by senior students Hannah Ashworth and Oliver Kerwin-Clegg, consists of students across all year groups who have a passion for supporting and promoting emotional fitness and wellbeing. The peer support network and the activities within it are currently being planned and proposed by students. Their activities will commence in the New Year.

In addition to the Student Action Group, this term has also seen the establishment of a Parent/Carer Focus Group that has been formed to allow parents/carers to have a voice in shaping our whole school provision for emotional wellbeing. The group held their first meeting



### Cambridge University Emotional Wellbeing Research Study

The World Health Organisation (WHO) continue to fund and support research into the emotional and social impact of the covid pandemic, especially in children and young people. The WHO state that rapid social change is a significant risk factor to emotional and social stability. Crossley Heath have created a research link with Cambridge University who are conducting a study to examine how the pandemic and subsequent social distancing measures have affected our students. The study will be conducted through the use of a tracking app that can be downloaded onto smart devices and requires participants to enter responses to a quick daily wellbeing survey. The findings will be used to guide and advise government and health agencies on how best to support children and young people in the coming years. We are looking for more of our students to take part.

If you would like to find out more about the study, please go onto our wellbeing section on the school website and click on 'Cambridge University Mind-App Study'.

[Cambridge University Mind-App Study – The Crossley Heath School](#)

### Crossley Heath – Open Minds Parent & Carer Partnership

In our first virtual collaboration event hosted by Kirsty Longbottom (Open Minds School Outreach Practitioner) and Mr Davis, the primary focus was on the neurological factors that can trigger anxiety in young people and the resulting challenges faced by children who experience anxiety. Kirsty went on to outline some of the possible strategies that supporting adults can explore with their children to overcome the most debilitating consequences of anxiety and build resilience within them over time. The aim of the partnership is to provide parents/carers with opportunities to strengthen their knowledge of mental health conditions and be better prepared to identify difficulties and how best to support them. The next workshop, taking place on Monday 24th January (6-7pm) will examine social media and the impact it has on young people. Details of the workshop will be sent to all after the holidays.



We recognise that the holidays at this time of year can be hard for some young people and their families. Whilst school is closed, should parents/carers have any concerns for their child we advise you to use the links on the Wellbeing section of our website – click on the 'Support Services' tab to get easy access to our local wellbeing partners.

[Support Services – The Crossley Heath School](#)

If you feel that your child needs wellbeing support, please do not hesitate to contact your child's Pastoral Leader