

March 2022

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...

The Crossley Heath Mindfulness Movement



As part of our growing provision for supporting our school community emotional wellbeing, 'Mindful March' has seen the launch of a mindfulness movement here at Crossley Heath. Our primary aims are to increase awareness and understanding of the significant benefits that mindful activities can have for us all and our emotional fitness and to provide students, staff, parents and carers with more opportunities to learn, experience and practice mindfulness both at school and at home.

Miss Denton, an accredited wellbeing practitioner, has delivered two mindfulness workshops to a large number of our Student Leaders across all year groups. Those students now have the opportunity to build their mindfulness skills during lunchtime sessions in our newly created Mindfulness Zone. This space will serve to provide a calm, mindful and anxiety free environment for those students who use it.

For more information about the benefits of mindful practice and resources to support you in starting on your own mindful journey, the links below takes you to the Action for Happiness website. There are some excellent guides and podcasts available for free. Why not take a little time for yourself in your very busy days and have a look?

[Mindful March | Action for Happiness](#)

ACTION FOR HAPPINESS



With the summer exams approaching, we want to support students and their parents/carers to keep a healthy perspective at a time that can promote stress and worry. In addition to activities and support planned to take place here at school, we would like to signpost you to the following link that takes you to some useful guidance and support resources: [Exam Wellbeing – The Crossley Heath School](#)

Children's Mental Health Week 2022

We marked this year's Children's Mental Health Week with a non-uniform day, a whole school awareness assembly, a charity bake sale and some fabulous musical performances by a number of our talented musicians. We raised over £1200 and that money has gone to support the work of the charity Place2Be and also to our own school wellbeing provision. The theme of the week was 'Growing Together', promoting the neurological development of the teenage brain through positive experiences.



Time-Out Student Workshop

On Friday 18th February Nikki Dunne from the young persons' support network Time-Out came in to school to present a kindness and wellbeing workshop to all of our Y7 students. Time-Out offer a great many opportunities for young people in Calderdale to build positive connections and purpose. Check out their website for more information: [Time Out - Healthy Minds \(Calderdale Wellbeing\) \(healthymindsalderdale.co.uk\)](#)

The Crossley Heath School – Open Minds Partnership

We continue to build our partnership with our mental health specialists at Open Minds. Kirsty Longbottom, our Mental Health Schools Link delivered the second on-line parent/carer workshop in January. The focus in this session was on social media and the part it plays in emotional wellbeing for young people. If you didn't get to join us, the presentation can be found using the following link: [Social Media and Wellbeing \(crossleyheath.org.uk\)](#). On our recent staff INSET day Alice Lilley from Open Minds came in to deliver a brilliant training session for all staff on supporting students to build resilience and positive emotional wellbeing. Continued staff training in mental health matters is a key aspect of our wellbeing development plan.

