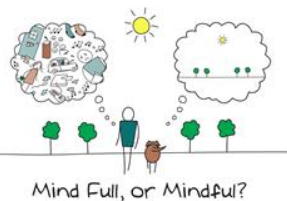


Our wellbeing newsletters aim to keep parents and carers informed of the most relevant and up to date news, guidance, advice and services that can support our young people and those who care for them...

New MHWB Student Leadership Team

This term has seen the appointment of our new, 6th Form, Mental Health & Wellbeing leaders. Lauren, Patrick, Evelyn and Shivani, will drive forwards our student-led support for emotional fitness and wellbeing and help establish a long-term legacy of peer group support through the activities of our Peer Support Network. Our student leadership team are holding wellbeing drop-in sessions and Shivani is establishing a mindfulness lunchtime club.



Exam Preparation, Wellbeing & Support

As our Year 11 and 13 students get ready to sit their mock exams, we want to signpost some useful resources for our students and their supporting adults to help with preparation and, importantly, managing the heightened anticipation and anxiety that can often come with an exam series. We have joined with our partners at Open Minds and Young Minds to offer a variety of tools and strategies to give support for revision planning and strategies to help maintain a healthy emotional balance during a period of peak pressure for young people. Please have a look at the links below:

[Exam Wellbeing – The Crossley Heath School](#)

[Exam stress and wellbeing | Pearson UK](#)

Tips for a calm and steady approach to exams



World Mental Health Day - Hello Yellow!

On 10th October our Crossley Heath community came together to raise awareness of the importance of emotional wellbeing support for all. We held a non-uniform day and encouraged students and staff to wear something yellow. Our efforts raised over £700 which will be split between our charity partner, YoungMinds, and our own school wellbeing support.



MENTALLY HEALTHY SCHOOLS



Anna Freud National Centre for Children and Families

Winter wellbeing toolkit. There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults and young people alike. We're sharing resources that can help boost your winter wellbeing. [Winter wellbeing toolkit 2022 - Secondary \(mentallyhealthyschools.org.uk\)](#)

Mr Davis is the school Senior Mental Health Lead. His role is to oversee the holistic approach to supporting mental health, fitness and wellbeing across the school community. Taking excellent care of the emotional health of our students, parents/carers and staff is a key priority in our School Improvement Plan. Last year we were successful in securing the Carnegie Mental Health in Schools Excellence Award. We continue to work to further strengthen our support for emotional wellbeing. If you would like to contact Mr Davis about our school wellbeing offer, please contact him at c.davis@crossleyheath.org.uk