

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...

## Children's Mental Health Week

From 6-10<sup>th</sup> February we came together as a school community to mark **Children's Mental Health Week** with a series of activities and events. The theme for this year's awareness week was '**making connections**', and we did that by holding **awareness assemblies** and a series of lunchtime events throughout the week, for students and staff to enjoy together. **We had a fabulous guest performance by ex-student Todd Wilson, a Y10 girls vs boys netball match, a Big Bingo Bash event, another superb performance from our school choir, two bake sales** and on the last day, the **Staff Singer Behind The Curtain** extravaganza. We would like to thank all of our Student Leaders, staff and our guest performer Todd Wilson, for helping to run the events and also to all those who gave donations that will go towards our school wellbeing support.



Left: Our Choir in Action

Below: Todd Wilson & The Staff Singer Behind the Curtain



## Exam Preparation, Wellbeing & Support

As our Year 11 and 13 students get ready to sit their final 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. All students feel pressure to do well, and therefore they all need to have support and consider ways to help manage and relieve this pressure. 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 our young people. Please have a look at the links;

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

<http://www.openmindscalderdale.org.uk/exam-help-calderdale/>

[Exam stress and wellbeing | Pearson 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](mailto:c.davis@crossleyheath.org.uk)