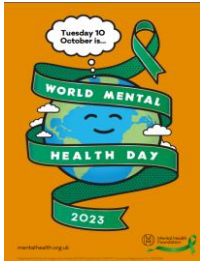


Our wellbeing newsletters aim to keep parents and carers informed of the most relevant and up to date news, guidance, advice and services that can support our young people and those who care for them...

World Mental Health Day



On October 10th we marked World Mental Health Day with our second Hello Yellow event. We held assemblies highlighting the importance of looking out for each other as a means for supporting emotional wellbeing, organised tutor group activities and held a student leader lunchtime event.



Our Mental Health & Wellbeing Student Leaders ran a charity bake sale for our 'Hello Yellow' Day

INVICTUS well-being

We know that the waiting times for accessing some specialist emotional wellbeing support agencies can be very long. There is movement towards alternative avenues of support that may bring swifter intervention for young people who may be struggling.

Invictus Wellbeing are commissioned by the South West Yorkshire Partnership NHS Foundation Trust to deliver the Open Minds Transition Support Service. This service delivers wraparound mental health & wellbeing support to young people, providing a low intensity and less formal level of support. This service is a specific provision for young people aged 16-25. Click on the link below to find out more.

[Transition Support Service \(Open Minds\) | Invictus Wellbeing](#)

Winter is Coming: 10 Ways To Stay Mentally Well In Winter



MQ Mental health research

Many people seem to be able to embrace the winter months and all that comes with the darker, wetter, colder days and nights. Others can struggle however and there can be an impact on emotional wellbeing and over the Winter season. Use the link below to access some useful interventions when the Winter brings you or a loved one down. [Winter is Coming: 10 Ways To Stay Mentally Well In Winter \(mqmentalhealth.org\)](https://mqmentalhealth.org)

Provision for Student Wellbeing Support at Crossley Heath

What Support Is Available For You...?



Seeking help when someone is struggling with their emotional wellbeing can be difficult for many reasons. One reason is a lack of awareness or understanding of where to go for help or what help might be needed. At Crossley Heath, through our assembly and tutorial programme, we ensure that all of our students get the information they need about the support available if a time does come when they need extra help. Our provision is based on a 3-wave model with increasingly specialist additional support coming as a student experiences higher levels of need. We have a number of systems that help us to identify students who may be struggling to cope. We are passionate about the care we provide for our students and we were pleased that OFSTED recognised our pastoral and wellbeing care as outstanding.

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. 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