



March 2024

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 – February 2024



Our school community came together to organise and run a series of events during CMHW 2024



Our Mental Health & Wellbeing Student Leaders delivered an assembly and tutorial presentation that raised awareness of our continued advocacy for our community emotional health. The theme this year was, 'Have your Voice Heard, and all students had the chance to raise awareness of the key wellbeing issues facing them so that school leaders can respond to their needs. As a result of student voice, we are developing a new wellbeing space dedicated to the support for students' emotional needs.



CMHW 2024 brought music, song and dance! Thanks to all those who arranged and took part in musical performances, staff and student karaoke and 'Just Dance' activities – feel good times!



Neurodiversity Celebration Week

During NCW we look to challenge stereotyping and misconceptions about neurological differences. We aim to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual. The link below gives access to some useful resources that can help us all to gain a greater understanding of neurodiversity. A more informed school community gives rise to greater inclusion and a sense of belonging for all;

[Neurodiversity Celebration Week \(neurodiversityweek.com\)](https://neurodiversityweek.com)



Mental Health Ambassadors Training – March 2024

We were pleased to strengthen our school partnership with specialist wellbeing providers Timeout - a part of Healthy Minds - Calderdale. They delivered two mornings of mental health training to our student leaders. The workshops covered key aspects of emotional self-care and peer support. Our student leaders will now work together to create a wellbeing support network for our new Year 7s during their transition to Crossley Heath.



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

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