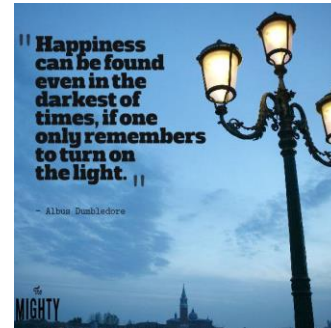




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Dear Parents and Carers,

We all have a growing awareness of mental health – in others and in ourselves. From campaigns to destigmatise illness and poor health, to an increased attentiveness of ways we can promote good health and positive wellbeing, the conversation is increasingly 'loud and proud', which we can all benefit from.

As a school we have learned throughout Magnificent Me week, joined Mental Health Awareness Day, celebrated kindness and I believe that we truly celebrate difference well at All Saints' – in an inclusive and positive light.

That said, figures show that poor mental health among society is increasing. It is hard to escape the news of increases in mental health diagnoses, poor management and the rise in mental health disorders such as anxiety, depression and psychosis. In fact, during a recent course I attended to become a Mental Health Champion, the rise in suicide figures – particularly among teen boys and young men – was highlighted as a national crisis and epidemic.

For all the reasons outlined above, I have arranged for Ian Woods - an expert from Child and Adolescent Mental Health Services (CAMHS) - to come in to lead **workshops** with staff and parents. Ian will talk about **improving mental health in children, and advice and warning signs for parents – with a focus particularly on pressure, transition and anxiety.**

Ian will run two sessions on **Wednesday 5th February**. The first will run from **2:00 – 3:15** and the second will be **3:45 – 5:00**. I will run a club that evening after school for children to allow you to attend. I really hope these sessions are positive and extremely well attended. It is a subject I care passionately about and one which can affect all of us.

If you would like to attend one of these Children's Mental Health sessions, please let the office know so we can organise numbers and children's care.

Yours thankfully,

Mr Stuttard

