

January 2017

Dear parents and carers

As a whole school we will be celebrating National "Time to talk day". This will take place on Thursday 2<sup>nd</sup> February 2017.

Time to Talk Day brings the nation together to get talking and break the silence around mental health problems. Since it first launched in 2014, it's sparked millions of conversations in workplaces, schools, homes, sports clubs, in the media and online.

For 2017 Time to Change are focusing on how positive conversations about mental health change lives, and urging people to start up a conversation, whatever the hour, on Time to Talk Day itself.

As a school we will have a break in our lessons during the day to sit down for a drink, cake and chat to discuss our mental health and well-being. Class teachers and support staff will facilitate this for our children and young people, ensuring discussions take place in a safe, age appropriate and respectful manner.

All staff at St Thomas's Centre are trained mental health first aiders, with a significant number of staff trained further as mental health youth workers. Training our staff in mental health is a priority for our school this academic year.

Any concerns raised with our children and young people will be discussed with you to ensure packages of support are in place to continue to meet needs.

If as a family you wish to share any concerns or queries regarding mental health and well-being please contact your child's provision leader:

Primary phase – Charlotte Rolfe

Keystage 3 – David England

North – Sue Armson

South – Frances Dore.



As a school we fully believe the emotional well-being of all are children and young people is of equal importance as academic progress.  
We look forward to a positive day.

Many thanks for your continued support

Mrs Jo Siddle  
Head Teacher

