

February 2022

Dear Parent(s)/Carer(s),

As part of the school's commitment to working with our students to understand mental health and wellbeing and offer support we will be participating in Children's Mental Health Week 7-14th February 2022. There will be a variety of activities taking place over this period, including the grand opening of the CTA safe space room. We are extremely excited about this as it will provide our students a place when they need it. We would like to thank Tesco and Groundworks for the donation of £1000 to help create this room and to yourselves for participating in the blue token scheme.

We have also agreed to take part in a pilot scheme through Staffordshire Local authority to introduce and raise awareness of the app MeeToo to help support our students with their own mental health and wellbeing. The app has already been introduced to our wellbeing Ambassadors and will be introduced by them through assembly to the rest of the school.

One of the best ways for a young person to improve their wellbeing is to share how they are feeling. The multi-award winning MeeToo app makes it easy to talk about difficult things, and to get support. We are delighted to be partnering with MeeToo to gain expertise and provide additional support for our students.

The MeeToo app gives young people the tools to help themselves, and each other. It's designed to facilitate peer support which enables young people who share similar life experiences to provide each other with reciprocal support, advice, empathy and a sense of belonging. MeeToo is confidential and anonymous which gives young people the confidence to talk about whatever is worrying them. The app is safe because all posts and replies are checked by human moderators before they go live, and in-house counsellors provide extra support if needed. The in-app directory is packed with useful resources, enabling students to connect directly to our school support services and those available in the local area.

MeeToo encourages you to ask your child if they know about the app and to add their school portal so they can get help when they need it. MeeToo is featured on the NHS Apps Library and can be downloaded from googleplay and apple app store. For more information about the app, their approach, how they keep children safe and any other questions you may have please visit <https://www.meetoo.help/safeguarding>.

Yours Sincerely

Mrs H Powell
Assistant Headteacher/Mental Health Lead