

6th February 2024

Dear Parent / Carer,

As you may be aware this week is 'Children's Mental Health Week' with the theme 'Your Voice Matters' with the view that all children should be empowered to speak up and also share how they are feeling. Please see below for a link to a website and resources for this as well as some top tips for parents and carers which you might find useful.

<https://www.childrensmentalhealthweek.org.uk/>

<https://www.childrensmentalhealthweek.org.uk/media/vxgdpw3x/cmhw-24-top-tips-for-families.pdf>

In anticipation for this we launched an assembly a couple of weeks ago 'Steps to wellbeing at Northwood' as a clear way to demonstrate to all students in the school that whichever step they are on with regards to their wellbeing or indeed just wanting to talk to someone at school then there is always support and someone to talk to (please see below). At Northwood we have a range of support available to all students and we encourage them as the first step to talk to any adult they are comfortable with in school to share how they are feeling, we will then (if required) signpost them to other internal/external support (with parental agreement).

There are posters throughout the school and these messages are being reinforced throughout the school to all students in a variety of ways.

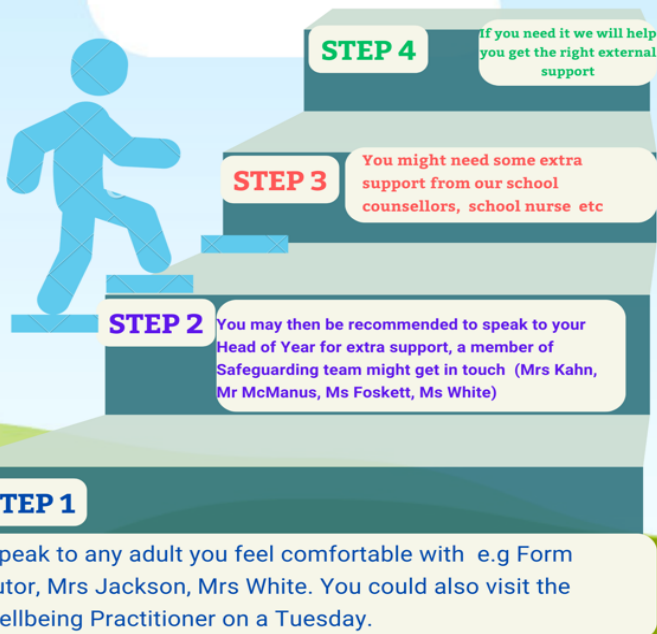
Whilst writing I thought it would also be helpful to note that our Safeguarding Team has expanded and that we have also advised all students once again of our team. You are again reminded as well as encouraged to report any concerns to us and we will investigate, support and follow all safeguarding procedures. There are a variety of ways to report your concerns however the easiest way is using our online reporting tool on our website, as a reminder you can report a bullying concern or a safeguarding concern by clicking on one of the red buttons on the home page of <https://www.northwood-school.org.uk/>.

If you have any queries, please do not hesitate to contact us.

Yours faithfully,

Andrea Kahn
Deputy Headteacher

STEPS OF SUPPORT FOR YOUR WELLBEING @ NORTHWOOD



WHATEVER STEP YOU ARE ON WE ARE ALWAYS HERE TO HELP

Our Safeguarding Team @

(ALL WEAR YELLOW LANYARDS)



Mrs Kahn: DSL



Mr McManus: DDSL



Mrs Foskett: DDSL



Mrs White: DDSL



Ms Creaven DDSL

YOU'RE IN SAFE HANDS AT NORTHWOOD SCHOOL

YOU CAN ALSO SHARE ANY CONCERNS WITH YOUR FORM TUTOR, HEAD OF YEAR, OR ANY ADULT IN THE SCHOOL YOU ARE COMFORTABLE TALKING TO

P.S Don't forget about our online reporting form on the school website

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