

30 January 2025



Dear Parent/Carer

## Children's Mental Health Week 3-11 February 2025

JSTC places a high value on the positive mental health and wellbeing of everyone in our school community. Is now our fifth year of spotlighting the national awareness campaign of '**Children's Mental Health Week**'.

Next week, each tutor group will view a recorded assembly by Kooth followed reflection, discussion and activities on this year's theme of '**Know Yourself, Grow Yourself**'. Tutor time on Monday 3, Tuesday 4, Thursday 6 and Friday 7 February will be extended to 9.30am to facilitate open, non-judgemental and supportive discussion.

We invite you to join us in sharing JSTC's positive wellbeing ethos by previewing the [Kooth assembly](#) which explores how to empower young people to embrace self-awareness. We encourage you to engage in open conversations with your child / children about this assembly and their tutor time activities. Additionally, the assembly provides a comprehensive introduction to Kooth's services: a free, safe and anonymous place for young people to find online, professional support for their wellbeing and mental health. [Kooth's](#) leaflet may support these conversations at home. A short, online video is available: [Upscaled Kooth Overview on Vimeo](#) Kooth provides an extensive library of [resources for families](#) including free talks and events: [KoothTalks](#).

If you have any specific concerns about your child at school, in relation to wellbeing or any other matter, please contact the appropriate Progress Team in the first instance. We are here to offer help and support wherever we can, so please make us aware of any issues you may be facing. All our staff have been trained in mental health awareness; we are also fortunate to now have six highly trained staff Mental Health First Aiders.

We thank you in advance for your support of 'Children's Mental Health Week'. By working together we can support young people to talk comfortably about wellbeing and mental health as part of their everyday conversations.

Yours sincerely



Mrs S Powell  
Assistant Headteacher / Senior Mental Health Lead

