

15th September 2019

Dear Parents/Carers,

This year we are delighted to be working in partnership with the Sheffield Child and Adolescent Mental Health Services (CAMHS) to help support mental health and well-being in our school. Healthy minds is a whole school approach to supporting emotional well-being and resilience. The programme includes a package of support delivered by the CAMHS team.

Key activities offered within Healthy Minds are:

- Training for all school staff on the fundamentals of young people's mental health and the implications for learning.
- A Healthy Minds survey to be offered to children, parents/carers and staff to understand the specific needs of our individual school.
- Developing an action plan for EPS based on our Healthy Minds survey.
- Engage pupil voice through the development of Healthy Minds champions.
- Provide clarity for staff, children and parents about who they can talk to if they are worried about mental health and well-being.
- Specialist mental health training for key staff in schools.

In order that we can tailor our action plan to the needs of our children, we are asking parents to complete the short survey below before September 27th. Children from Y2-Y6 will be completing their survey in school.

<https://www.surveymonkey.co.uk/r/HealthyMindsParentCarer>

Kind Regards

Nicole Ramsey

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Ecclesall Primary School