



27th January 2021

Dear Parent/Carer

The current national lockdown is a difficult time for many people and we are keen to support our students in maintaining good mental health and wellbeing. With that in mind, we have secured online training for all students via The Matthew Project Bounce Back Service – this service supports young people aged 13-19 who have been impacted by the Pandemic and its effects on well-being, mental health and anxiety.

In order to deliver this across all year groups and have it tailored to their specific needs and age, we will be including this in their timetable next week in place of their normal lessons. Please see the date and times in the box below.

Tuesday 2 nd Feb	Year 9 to start at 11:25	Year 7 to start at 12:30
Wednesday 3 rd Feb	Year 10 to start at 12:25	
Thursday 4 th Feb	Year 11 to start at 10:05	Year 8 to start at 11:25

This training will take place via Zoom and a link will be sent to students school email addresses in due course. We recommend that, if they are using a device they download the Zoom app in advance. If accessing the training from a computer, they should click 'to join from your browser'.

We would really appreciate your support in ensuring your child's attendance, to what I'm sure you will agree is as valuable resource for them. It will share different methods to reduce stress, develop ideas to build resilience and fundamentally gain the ability to 'bounce back' in this unprecedented, somewhat difficult time.

Kind regards

Mrs E Cawston
Key Stage 3 Pastoral Officer