

Ref: AOL/SFR

4 February 2022

Dear Parent or Carer

Event: Plume Student Wellbeing for Children's Mental Health Awareness Week
Dates: Monday 7 February - Friday 11 February 2022

I am delighted to inform you that the next 'Plume Student Wellbeing Week' will be held between Monday 7 February - Friday 11 February 2022. We have planned several themed activities during this week to highlight the importance of wellbeing, positive mental health and to further outline the support available to our students, families and staff.

All our student focused activities during this week are linked to Place2be's national campaign for 'Children's Mental Health Week'. This year's theme is Growing Together and will encourage students to consider how they have grown and how they can help others to grow. During the week we shall identify how challenges and setbacks can help us to develop and adapt; try new things that can help us to move beyond our comfort zone into a new realm of possibility and potential. Students will be challenged to consider that emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

Families seeking support and guidance relating to the mental health of their child are, as always, welcome and encouraged to contact their child's Assistant Head of Year in the first instance. Additionally, our academy website link below offers some useful, safe, self-help support for mental health/emotional wellbeing issues at <https://www.plume.essex.sch.uk/mental-health>.

Finally, if you have any questions relating to Plume Academy's provision during this week, please do not hesitate to contact me.

Thank you for your continued support.

Yours sincerely



Mrs Alison Ollett
Whole Academy Mental Health Champion