

7 July 2020



Dear Parents & Caregivers

**Be the first to know about Mind's whole school approach (WSA) to mental health**

As you may already know, your child's school is working with Hull & East Yorkshire Mind, your local mental health charity. As a charity, we won't give up until everyone experiencing a mental health problem get both support and respect. We campaign locally to improve services and reduce stigma and discrimination.

Over the next few years, we are working with your child's school to look after the mental health of everyone involved in school life – this including students, staff, parents and caregivers. The Whole School Approach was established in September 2018 and aims to bring the whole school community together for improved mental health support for everybody.

Whole School Approach supports the whole school workforce to:

- Cope well with life's challenges
- Manage stress
- Build supportive relationships
- Identify when an individual needs extra support

**Live Zoom Parent & Caregiver Wellbeing Webinar**

We will be holding a live Zoom wellbeing webinar for parents and caregivers to discuss any worries or concerns they may have about their children's mental health and wellbeing. The webinar will also be an opportunity to learn more about how the Whole School Approach can emotionally support you and your children over the coming years.

We are offering 2 separate dates for the webinars:

**Wednesday 22 July 6.30 -8.00 pm and Wednesday 5 August 6.30 – 8.00 pm**

If you would like to attend **either** of these dates, places must be booked through: [wholeschoolapproach@heymind.org](mailto:wholeschoolapproach@heymind.org)

Once a place has been booked, a zoom link along with joining instructions will be emailed to you.

**Whole School Approach Parent & Caregiver Mailing List**

The Whole School Approach team are also excited to announce that you can now be the first to know about the work we are doing with your child's school. We now have a new mailing list for Parents and Caregivers. The mailing list will provide key information and important updates about Whole School Approach interventions on offer for the school community. If

would like to be added to our mailing list please visit <http://eepurl.com/g9vc1L>. We will never sell your data, and we promise to keep your details safe and secure. If you would like to be removed from our mailing list at any time, please just let us know. You can contact us at [info@heywind.org.uk](mailto:info@heywind.org.uk)

If you would like to know more about the mailing list or have any questions, please contact [wholeschoolapproach@heywind.org.uk](mailto:wholeschoolapproach@heywind.org.uk).

Kindest Regards

***Debbie Thomson – Whole School Approach Coordinator Hull & East Yorkshire Mind***