

Ref: MD/CJ

June 2023

Dear Parent/Carer,

As a school we aim to take into account the current issues impacting young people in today's society in order to encourage help seeking behaviour. Sometimes this can mean talking about difficult subjects surrounding mental health.

At Thomas Keble we have been fortunate enough to secure an expert trainer, Satveer Nijjar to come to the school to raise awareness of emotional health and self harm with students, staff and parents. Satveer has extensive experience of delivering this subject to students, ranging from primary aged children through to college students. Satveer will be speaking to all our Year 10 students on Thursday 22nd June as part of our PSHE curriculum.

Satveer delivers the subject in an interactive manner and takes the lead from the students. The aim of the session is to raise awareness; firstly of the importance of mental health, then break down the stigma surrounding mental illness. Self-harm is brought in gradually to the session, with information being given as to what can lead to self-harm, how to support a peer if they disclose self-harm and how to support yourself if you are self-harming. Students are also informed about the importance of seeking support at the earliest opportunity and to avoid feeling they can only do so if the situation has got to the point where they are self-harming. In no way is self-harm promoted or encouraged. The feedback from sessions from pupils has consistently been excellent for Satveer, with students often commenting on her ability to relate to their issues.

Often parents/carers can become fearful of such an emotive and sensitive subject being discussed, some may even fear it could lead to students 'getting ideas' to self-harm, or have concerns the school has a 'problem' with this issue. We would like to reassure you this is not the case, as a school we are simply being responsive to the needs of our young people. A survey found that 78% of parents felt their children needed information about self-harm however the majority did not feel confident in holding the conversation themselves.

We are writing to invite parents of all year group students to attend this information evening on how to support your child's emotional health and well being delivered by Satveer on Thursday 22nd June at 6pm in the main school hall.

Yours sincerely,



Mrs M Dempsey
Head of PSHE

To attend the Supporting Emotional Health and Wellbeing Event please fill in the linked form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=j3gk77ZEL0-PdIFLddaPsu0nmPIkgWZNj7fQh8OTTcBUQkVVNE5FUVQxRUE2NTJaNjQ2T1FJUFDmVS4u>