



The Ongar Academy

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4th February 2019

Dear Parents and Carers,

Children's Mental Health Week – 4th-10th February

As part of our PSHEE program all year groups discussed Mental Health last term. This week, The Ongar Academy will be celebrating Children's Mental Health week along with the rest of the country.

Most adolescents experience positive mental health. Approximately 3 children in every classroom have a mental health problem (*Young Minds, 2019*). By promoting positive mental health at The Ongar Academy we hope to eradicate the stigma attached to speaking about mental health and strive to support those who are in need of some help.

It is normal for teenagers to experience a range of emotions, particularly during the time they spend in school. Some may feel anxious about school or friendship groups; some may experience a period of depression following a death of a relative or close friend whilst others may find going through puberty a challenging time.

Eating and sleeping well are vital to good mental health. We would encourage you, particularly during the week in which the school is raising awareness of positive mental health, that your son/daughter is aiming to have 8 – 9 hours' sleep (<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>) and eats healthily (<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>). The long term aim is to make this a part of their everyday routine. Boosting self-esteem is also an excellent way to feel good about yourself (<https://youngminds.org.uk/blog/six-ways-you-can-boost-your-self-esteem/>).

If you are worried about a child or young person you can speak to someone in school (01277500990) or visit the parents helpline at Young Minds - <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>. They offer advice to parents and carers worried about a child or young person under the age of 25. The phone line is 0808 802 5544 and is free Monday – Friday 9.30am – 4 pm. By using this line you'll be put through to a trained adviser, the adviser will help you to understand your child's behaviour and if you need further help they'll refer you to one of their specialists. It is a friendly and confidential line.

In school we will have a range of activities which we are encouraging all year groups to be involved in. Please see overleaf for our timetable of events:

Headteacher: Mr. A. Osborne

INSPIRING EXCELLENCE





Children's Mental Health Week – 4th-10th February

DAY	MON	TUE	WED	THU	FRI
<i>BEFORE SCHOOL</i>					
EVENT	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
VENUE	Sports Hall 8:25 – 8:40am				
<i>BREAK TIME</i>					
EVENT	Tea & Talk Year 10	Stress Management	Tea & Talk Year 9	Tea & Talk Year 8	Tea & Talk Year 7
VENUE	LRC	G12	LRC	LRC	LRC

Mindfulness – An opportunity for relaxation and reflection before the school day starts. This is a 15-minute exercise in which all year groups are welcome. It will be held in the Sport's Hall. Students will be refused entry after 8.25 am to avoid a disrupted mindfulness session.

Tea & Talk – An opportunity to sit in the LRC with a cup of tea and talk! This will be on a first come, first serve basis as we are limited to space in the LRC.

Stress management – 10-minute activity with strategies on how to cope with stress.

Over the weekend please encourage your son/daughter to take part in our optional mental health activities. In PM registration there will also be form based activities for all to take part in.

Yours sincerely,

Miss Taylor
SPL: Year 7

Headteacher: Mr. A. Osborne

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