

TO CARE
TO LEARN
TO ACHIEVE



BEDFORD HIGH SCHOOL

A Specialist Business and Enterprise College
with Applied Learning

Headteacher: Mrs H J Phillips

Dear Parent or Guardian,

This year, we will be marking Children's Mental Health Week with a series of initiatives and events to promote wellbeing and good mental health in our students:

Time to Talk Day. This event is Thursday 6th February, but form tutors will be encouraging their forms to pop by throughout the week for a chat about their well-being. Form Tutors will publicise this to their forms in more detail.

Well-Being Drop-In. This has been running in school on Monday and Friday lunchtimes and after school on a Friday for all students, for some time. Run by our safeguarding team, it's available to anyone who is concerned about their safety or well-being.

Mindfulness. The mindfulness club Anti-Stress Zone is available every Friday Week 1 already, but from this week we will be hosting short mindfulness practices in form too. A perfect way to settle your mind before learning.

Equality Club. This runs every Wednesday lunchtime, hosted by the Wigan LGBT support group. Available to anyone who feels unsure of their sexuality or wants to champion equal rights.

Our full range of clubs are promoted in the Hive each week, so ask your child to check the screens.

Kooth. www.kooth.com is an online counselling service where young people can talk to counsellors online and anonymously.

Please support at home by instigating conversations at home with your children about their wellbeing. There are a number of agencies that provide support to young people who need help in this area:

Mind Infoline – 0300 123 3393 (9am-5pm Monday to Friday) and
www.mind.org.uk/help/advice_lines

Elefriends – www.elefriends.org.uk

Samaritans – 116 123 (24 hours day) and www.samaritans.org.

SANEline – 0300 304 7000 (4.30-10.30pm every day) and
www.sane.org.uk/what_we_do/support/helpline.

Yours faithfully,

B Moss

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