



Tuesday 8th October 2019.

Dear Parent/Carer of Year 7,

We are providing 5 PSHE lessons on mental health, which is organised through the Mental Health Foundation, to our Year 7 Students which will be delivered by our Year 12 Mental Health Peer Educators.

The project lessons introduce the topic of mental health and wellbeing including:

1. Mental health awareness- such as, what is “mental health” and what are “mental health problems”.
2. Myths and facts – what do people believe about mental health and illness? What is “stigma and discrimination”?
3. Ways to Wellbeing – What are the 5 Ways to Wellbeing? How can we practice them ourselves?
4. Helping ourselves – What helps improve our mental health? What are some mental health “first aid” skills we can use?
5. Helping other – What can we do to help those around us? Where might they get help if they need it?

There is full information about the project on our website from the Mental Health Foundation.

We would like to evaluate the project to find our student’s experience of participating in the project. The evaluation asks students to complete an online survey once before taking the lessons, and once after the lesson have been completed. The online questionnaire will ask your child about how they feel, how they know about mental health and how comfortable they are speaking to others about their mental health. The questionnaire also asks some general questions about your child e.g. age and ethnicity. The will only be seen by the Mental Health Foundation who run the programme and will be treated confidentially.

If you are happy for your child to take part in the project evaluation, you don’t need to do anything.

If you **do not wish your child to take part**, please complete the slip attached and return to the school for Mrs Bolger’s attention.

Yours sincerely,

Mrs C Bolger

Mrs C Bolger
Pastoral Manger 6th Form

Headteacher:
Mr Anthony Corish
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Please return to Mrs Bolger by Monday 14th October

Dear Mrs Bolger,

I wish to withdraw my child from taking part in the evaluation for the Peer Education Project. Please return by Monday by 14 October 2019.

Child's name:

Form:

Parent/carer's name:

Signature:

Date: