

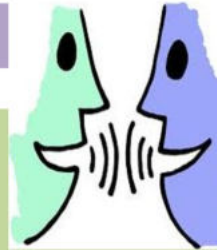
On Monday it was World Mental Health Day and so students found out more about mental health.

What is Mental Health?

Mr Sims and your teachers in the morning....

'Hi, how are you doing?'

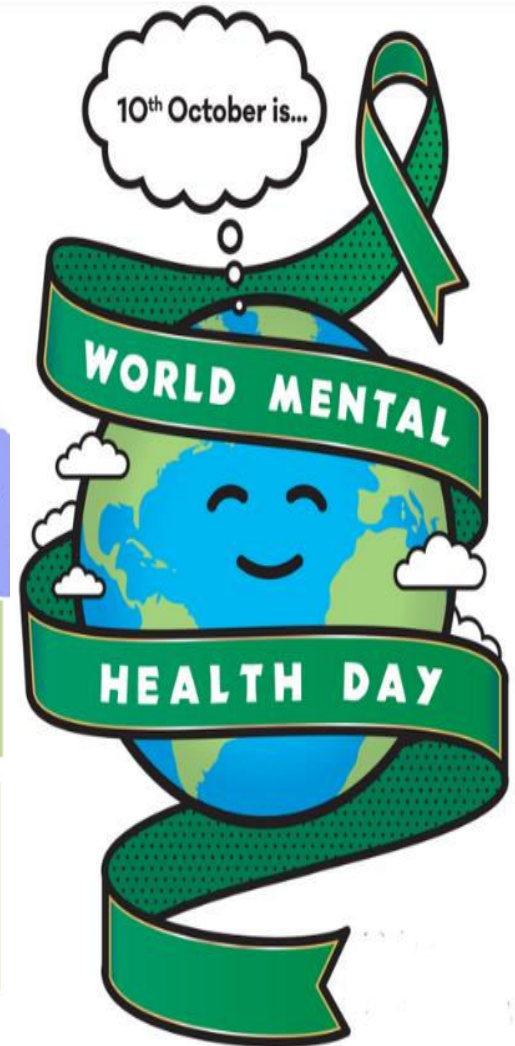
'Glad it's the weekend is over. I'm a bit fed up...it just feels like everything I do goes wrong.'



This conversation is about **mental health**. Mental health is about **the way you think and feel and your ability to deal with ups and downs**. Some people call mental health 'emotional health' or 'wellbeing'.

We also looked at strategies to try and stay well and things we can do to help someone who maybe struggling.

'I didn't know that suicide is the biggest killer of males under 25.' Year 10 student



WE ARE HERE
FOR YOU



Parent Review Day

Thursday 20 October

This is a **lovely** day when we invite parents and carers to come and **celebrate** the **work** that your child has done so far this term.



You will meet their key worker and discuss any concerns.

You will be called to arrange a time during the school day for you and your child to come in and see their work and discuss **progress** and how you can **support** them at home. We hope we can see as many of you next Thursday as possible – and there's some **fantastic work** from all students to be seen!



When you're with us, we hope you will find time to complete a questionnaire. Gathering **your views** will help us support your child more in school and we are always **pleased** to have suggestions for **improvements....** (and there will be tea/coffee and some treats!)

Miss S Harris (Assistant Head)



BEFORE AND AFTER! Tyler N has helped to build this beautiful kitchen on work experience!



More amazing artwork – look out for the well done notes celebrating excellent work.



PIC•COLLAGE

WE ARE HERE
FOR YOU





Mr. Hall's Health & Fitness

DANCE! IT'S GOOD FOR YOU!

Build Confidence

Bust Stress

Stronger Heart

Better Balance

Beat Depression

Burn Calories

Boost Memory

Improve Flexibility

DANCING HELPS YOU MAKE FRIENDS

Let's dance! Maybe you're excited by the return of Strictly Come Dancing or you've been inspired by Work It on Netflix. There are plenty of reasons to get moving to music, for both your mental and physical health. Dancing is a fantastic way to get fit and have fun at the same time.

Feeling stressed? Put on some of your favourite music and have a boogie!