



**STOCKSBRIDGE
HIGH SCHOOL**
— This is Just the Start —

11 February 2021

Dear Parents/Carers,

Healthy Minds & Attendance/Engagement tracking

Thank you for all of your support and ongoing feedback during this challenging time. We understand that as this period of national lockdown continues, remote learning is becoming increasingly difficult and keeping your children motivated is not always a straightforward task.

We recognise, as a school and as professionals who care about your children, that the time spent away from the routines and social aspects of school could have an effect on the mental health of our young people. We are keen to do everything possible to support what could be a national issue in the years to come.

We are delighted to report that our school will be involved in a joint project with Sheffield Child and Adolescent Mental Health Services (CAMHS) called Healthy Minds. Healthy Minds is a project that focuses on developing the whole school environment to best support young people's mental health, rather than working on a one-to-one basis with students.

The Healthy Minds project includes:

- Training for all school staff on the fundamentals of young people's mental health and the implications for learning.
- A Healthy Minds survey for students, parents/carers and staff to complete. This will help us to find out a range of views so that we can best understand the specific needs of our school.
- Based on the Healthy Minds survey, a mental health action plan will be developed for our school. This will include whole school interventions designed to meet mental health needs across the school.
- Creating a group of student Healthy Minds Champions. These students will represent children at our school making sure their views are heard and integrated into the school's mental health action plan.
- Clarity for staff, students and parents about who they can talk to if they are worried about a young person's mental health.
- Further development of the Sheffield CAMHS website for secondary students www.epicfriends.co.uk
- Specialist mental health training for key staff in schools.



As part of the Healthy Minds programme, we hope you will get involved in their anonymous survey by clicking on this link: <https://www.surveymonkey.com/r/Healthy-Minds-Parentcarer-survey-Jan-2021>

The survey will close on Friday 28 February 2021, so we would encourage you to complete your response as soon as you are able to.

We will also be asking students and our staff to take part in similar surveys, so Healthy Minds can gain valuable insights into what our community thinks is working well and what more we would like for our young people regarding their emotional wellbeing.

If you would like more information about Healthy Minds or CAMHS please visit the Sheffield Children's NHS Foundation Trust website:

<https://www.sheffieldchildrens.nhs.uk/services/camhs/healthy-minds/>

I would also like to offer you some other avenues of support that you may find useful if you feel you need support with your child's emotional wellbeing. These are all services that we have utilised in school and who are offering support remotely to young people:

<https://www.kooth.com/> offer free online support and counselling for young people in Sheffield. All of the counsellors are all professionally qualified and offer young people a twelve-week programme and access to platforms that offer safe discussion about mental health, anxiety, bullying and a range of other issues.

<https://www.sheffieldmentalhealth.co.uk/support/door-43/> is a service that we now have direct access to in school. We have a professional working with us to offer services to our young people who are aged between 13-25. Your child's Pastoral Manager can make a referral to this service, who are working remotely with our young people.

<https://unravelsupport.co.uk/services/families/> Unravel have been working with us since September and have offered support to staff and students. Their website has useful links and resources to support your family.

<https://teensleephub.org.uk> The importance of sleep and healthy sleep routines cannot be underestimated. Many students are likely to struggle to re-establish a sleep pattern to enable them to succeed with the earlier starts when we return to school. The Teen Sleep Hub have many useful resources to help you and your family. You can also find their e-book on our school website.

Remember that you can always book your child in with their GP if you feel their mental health is deteriorating or needs additional support.

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Attendance and Engagement tracking

I would also like to take the opportunity to add a little clarity regarding the way we are informing you of absences and engagement in learning. Teachers are using a Red, Amber, Green system when reporting attendance and engagement to lessons, this is in order that we can mitigate against gaps emerging in student progress and offer support where needed.

The codes represent the following:

Red- Your child has not logged on to Teams or attempted to engage in learning.

Amber- Your child has not submitted any work or the teacher has looked at the submitted work and it is not up to the standard the teacher deems they are capable of doing based on prior ability.

Green- Your child has engaged positively with the content of the lesson and submitted good quality work to their teacher.

In order to keep you informed so you can support students at home you will get an automated Parentmail if your child meets the following criteria:

Between 3-10 red marks: Attendance concern
11 or more red marks: Lack of Attendance

Between 5-10 amber marks: Engagement concern
11 or more amber marks: Lack of Engagement

No Red or Amber marks: Full engagement

You may get more than one Parentmail if your child falls into more than one of the criteria.

Please understand that these automated messages are meant to provide you, as parents/carers with a tool to help you support your child. They do not, if you do not feel it is appropriate, need to be shared with your child. The practicalities of monitoring remote attendance means we are not currently able to offer a more bespoke weekly update and staff are working incredibly hard to generate the automated e-mails to give you as much information regarding your child's engagement and attendance as possible.

Yours faithfully,

Mr S. Tipson
Assistant Headteacher
Inclusion

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