

8th February 2021

Dear Parent/carer

This has been the most challenging of periods for all of us. There is no doubt that your physical and mental health is more important than ever. Your college belongs to Co-op Academies Trust and we really want to raise awareness of mental health across all our schools and communities. This week we'll launch our new Mental Health programme for everyone - in partnership with the Co-op and MIND (the Mental Health charity).

The Co-op are providing this programme free to all our academies.

Already all our schools/college promote mental health activities but we want to improve and build on this good work to really raise the profile of mental health within the communities our schools/college belong to.

This programme is all about early prevention and intervention and self-responsibility for your mental health - very similar to your physical health.

The first stage is a survey that we want you to fill in anonymously. The survey was developed by MIND - who have a great deal of experience in this area.

No judgements are being made and you can skip any questions you don't want to answer.

The instructions are at the beginning with some references at the end where you can also access immediate support and help if you need it. There is also a frequently asked questions sheet to put your mind at rest with any matters.

We really need your help to fill in the survey to make this programme as successful as possible - and be honest. The survey takes about 20 minutes and will help MIND to produce an action plan on how the school will help address the issues raised by adopting one or two new ideas as well as improving existing current ones.

We want to raise awareness in a positive way and we believe by giving you a voice first we then can help support you better in the summer and beyond.

The college can't solve all mental health issues but can help to tackle some of those issues and educate children and adults in the best way to do this. Please work with us on a vital piece of work. We care about your health and hope you understand why we are doing this with the very best of intentions.

Thank you

Dr Chris Tomlinson
Chief Executive Officer
Co-op Academies Trust

https://wwindex.eu.qualtrics.com/jfe/form/SV_56zbHRY8eGx6NSe