



# ST. ALBAN'S CATHOLIC PRIMARY SCHOOL

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*Learning together, side by side with God.*

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Head teacher Andrew Monaghan Deputy Head teacher Kate Johnson

Tuesday 12<sup>th</sup> March 2019

Dear Parents / Carers,

We are delighted to share with you that St Alban's Voluntary Academy has chosen to work towards being accredited with the Carnegie Centre of Excellence for Mental Health in Schools Award.

The Carnegie School of Education, based at Leeds Beckett University, along with Minds Ahead CIC have developed the School Mental Health Award to give schools and academies a framework for whole school mental health development. By embracing the ideals of the award, we are demonstrating a deep commitment to working towards excellent practice as we place the mental health and wellbeing of our pupils and staff at the core of our school. This is alongside our commitment to having a rich whole school culture where all members of our school community can thrive.

We look forward to sharing how we, as a community, are further developing our practices in relation to mental health and wellbeing over the coming months. Further information about the award can be found on the Leeds Beckett University website <http://www.leedsbeckett.ac.uk/schoolmh>

In order to measure the impact of an element of the Mental Health in Schools programme, we will be requesting that staff, parents and pupils complete a wellbeing survey at the start of the programme and this will then be repeated after a few months. The parent wellbeing survey will be available during parents evening this week for you to complete if you so wish.

Within school we are starting a new scheme of learning called 'Zones of Regulation' which fits in well with an element of the mental health award. It is based upon identifying and reacting to our own emotions and learning how we can help ourselves to regulate our emotions. The children will be equipped with the language and skills to identify how they are feeling and strategies to use to deal with their emotions at school or at home. Last term, Miss Leatham carried out a pilot of the scheme with a small group of children and it had a positive impact for all of those involved, therefore, we are going to roll this approach out across the majority of the school (years 1 to 6). If you would like to know more about this, please speak to your child's class teacher.

Yours sincerely,

Mrs Johnson

*Saint Alban's Catholic Primary School part of St Ralph Sherwin Catholic Multi Academy Trust.*



*Inspired by the life, message and example of Jesus Christ*