



# CHRIST THE KING

CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

WITH THE POWER TO ACT

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Headteacher: Mrs E Wheeler BSc (Hons)

EWR/PG

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Dear Parents/Carers

## YEAR 10 GUIDANCE

Year 10 have been focusing on Mental Health and Wellbeing as part of the Year 10 Guidance programme this term. They have also been looking at this and Academic Resilience once a fortnight. The sessions will take place either just prior to Christmas or just after. They have been conducted before and proved very valuable.

In these sessions they will watch parts of 'Jesy Nelson – The Odd One Out' - a BBC documentary on the impact of social media on teenagers. Jesy Nelson from girl group Little Mix also shares her experiences with social media and the impact on her mental health and self-esteem. Some of the documentary could be upsetting to some pupils and there is some mildly offensive language.

If you are not happy for your child to watch the documentary then please email me at the address below.

If you wish to discuss anything please do not hesitate to contact me via the email address below.

Yours faithfully

*V O'Connor-Green*

Mrs V O'Connor-Green  
Guidance Coordinator  
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