



# CHRIST THE KING

CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

WITH THE POWER TO ACT

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HC/PG

Dear pupils, Sixth Form students, parents, and carers

## Children's Mental Health Week: Monday 1 February – Sunday 7 February 2021

You will be aware that we have had an increased focus on raising awareness of positive Mental Health and Wellbeing over the past twelve months. Now more than ever it is important to make sure our young people are supported in managing and improving their mental health and wellbeing. As we work towards this goal, we wanted to highlight this important week for raising awareness of children's mental health.

This week and last, all pupils and students took part in an assembly on 'Managing Stress and Mental Energy' which has set the scene nicely for the activities next week and given some practical strategies for managing their stress and improving their mental energy.

The theme of this year's Children's Mental Health Week is 'Express Yourself' and we are encouraging our pupils and students to do just that! We have various activities planned, the details of which will be emailed out to pupils and students, but we wanted to give you an overview in the hope that you can encourage your child to get involved and express themselves to promote their own positive mental health and wellbeing (please see programme below).

We recognise that supporting young people's mental health and wellbeing goes far beyond what we can do as a school and sixth form centre but hope that by raising awareness this week we can continue to improve our pupils' and students' happiness, resilience, independence, and confidence. If you are concerned about your child's mental health or wellbeing there are many external agencies who can support you and your child including your GP, school health (please see the attached leaflet) and the below agencies:

Young Minds Parent Helpline: 08088025544  
Young Minds Crisis Messenger Service: text YM 85258  
Alder Hey CAMHS Crisis Team: 01512933577 or 08081963550  
Childline: 08001111  
The Samaritans: 08457909090  
www.kooth.com  
Papyrus Hopeline: 08000684141

/Monday ...

GROW

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Day	Activity
Monday	<ul style="list-style-type: none"> <li>- Year 7 CMHW Assembly</li> <li>- Year leads' challenge will be emailed to their year groups</li> <li>- Walk for Wellbeing launched</li> <li>- Miss Plummer will be sending out a wellbeing booklet for children to complete at home</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>- Year 8 CMHW Assembly</li> <li>- Kindness Challenge - pupils and students are asked to do something to show kindness</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>- Year 9 CMHW Assembly</li> <li>- Inside Out Day – pupils and students can take part in this, wearing clothes inside out and ‘expressing themselves’ at least once in the day about how they are feeling.</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>- Year 10 CMHW Assembly</li> <li>- Social Media Shutdown – all pupils, parents and staff are challenged to stay off social media between 9 am and 6 pm that day or use social media for good, ie posting something to raise awareness, be kind or help someone</li> </ul>
Friday	<ul style="list-style-type: none"> <li>- Year 11 &amp; and Sixth Form CMHW assembly</li> <li>- Wellbeing sessions with Ms Kennedy via Google Classroom</li> <li>- Gratitude Challenge – pupils and students are asked to find something they are thankful for and express their gratitude</li> </ul>
Saturday	<b>Over to you parents and carers! Can you set your child a task to help encourage positive wellbeing?</b>
Sunday	
Throughout the week:	
<ul style="list-style-type: none"> <li>- Social media posts (please follow us @ctksouthport and @ctksixthform) with top tips to improve wellbeing</li> <li>- Form tutor check in's</li> <li>- All teachers will be highlighting CMHW in their lessons with pupils and students (be prepared for some great jokes to make you smile!)</li> <li>- Walk for Wellbeing – we are encouraging all pupils and students to get out and walk for their wellbeing and, while they are out, take a picture of anything that makes them smile and then share it with us on social media</li> <li>- Wellbeing booklet</li> <li>- Staff training – five-minute briefings each morning on some of the most common mental health concerns</li> </ul>	

Please get in touch with your child's form tutor or year head if you have any questions or require any additional support.

Yours faithfully

*H Cunningham*

Miss Cunningham

**Director of Sixth Form**

Teacher of Business & Economics

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