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Dear Parent/Carer.

Children's Mental Health Week

This week we are participating in **Children's Mental Health Week**. The theme of the week is 'express yourself'. We have looked at mental health support locally and nationally, providing useful tips, links and resources via Google Classroom and Facebook to offer guidance to students, parents and carers. We are demonstrating how to access the Kooth online counselling service on Friday during the live-streamed registration period at 8.45am. Find out more here: <https://www.childrensmentalhealthweek.org.uk/>

We are currently running two competitions for our students to encourage them to express themselves:

- A school competition to win Amazon vouchers – select an uplifting quote about expressing yourself, write it in the middle of a large piece of paper and then creatively express yourself around it with colour, doodle, collage etc. Submit the entry by 'turning in' a photo via Google Classroom. **Deadline Mon 8 February.**
- South Tyneside Healthy Minds Competition – express yourself by drawing, sculpting, writing a poem or any other medium. Submit the entry by sending a photo of what you've created to Miss Siedle: csiedle@st-wilfrids.org (please make sure entries come from children's school email addresses only). **Deadline Wednesday 10 February.**

As we continue in lockdown, it's more important than ever to share how we're feeling with others. We have a variety of support mechanisms available to help our students and their families – if you need help please do contact us. By talking openly about mental health from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out for help when it's needed.

Safer Internet Day

On Tuesday 9 February we will be joining schools and youth organisations across the UK in celebrating **Safer Internet Day 2021**. This is a global campaign to promote the safe and responsible use of technology.

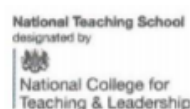
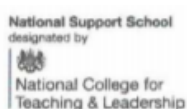
Using the internet safely and positively is a key message that we promote at St Wilfrid's and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. We will begin with a live-streamed assembly on Monday 8 February, exploring reliability in the online world. We'll be posting links, tips and resources which you may find helpful in supporting your child online on the day.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. The help you with this, you may be interested in downloading the free Safer Internet Day Education Pack for Parents/Carers which is available at: saferinternet.org.uk/sid-parents.

If you have any concerns about keeping your child safe online, please do get in touch with your child's Head of House, Head of Year (Sixth Form) or myself, Designated Safeguarding Lead.

Yours sincerely,

Anthony Logan
Acting Deputy Head Pastoral



Excellentia per fidem, per scientiam, per adiuvatum