



Sent by GroupCall on 29/01/21

Dear Parent/Carer

Following such unprecedented times over the past twelve months and the adjustments we are continuing to make to ensure our education provision and personal support meets the needs of all our students, we would like to take this opportunity to update all parents and carers on how Ivybridge Community College is supporting our young people's mental health and wellbeing.

Alongside a variety of developments across the College to support student wellbeing, a number of College leaders, teachers and support staff are currently participating in a remote professional development programme run by iheart – Innate Health Education and Resilience Training, a non-profit organisation who are dedicated to helping young people uncover their innate resilience and mental wellbeing. Staff attending the course are finding the experience quite transformational in developing their own understanding of how we can best support our young people, teachers and parents in how we focus on mental wellness, prevention and education.

We are keen to share some of this new knowledge, principles of learning and skills with all of our students as part of the College's Mental Health Awareness week next week, 1 to 7 February 2021. There will be a Tutor based workshop for students as part of their CPSHE programme next week, where Tutors will be encouraging students to reflect and share ideas to promote and support how we best look after our own wellbeing.

Other events that will be taking place to recognise Mental Health Awareness Week include wellbeing displays and the sharing of resources, Tutor time activities and Year Team Virtual Assemblies, a wellbeing competition and wrist bands, to name but a few ways of giving mental health awareness a priority.

We are keen to share our experiences with parents/carers as part of this process and believe a collaborative approach will enable our students to receive a common and coherent language enabling their mental wellness and prevention to remain a constant and balanced approach.

We are delighted to invite all parents/carers to attend a Parent/Carer Workshop on Monday, 8 February 2021 via Microsoft Teams, commencing at 5.30pm. We believe sharing our learning experiences to date and working in collaboration with parents/carers will be beneficial for our students.

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The workshop will provide an opportunity to share practical examples of how best to approach some of what is possibly being perceived as the most challenging of situations in order to engage with all students' own innate abilities, strengths and ambitions to help cope with the current uncertainties.

Student workshops Wednesday, 3 February

Parent workshop Monday, 8 February 5.30 – 6.45pm

In order to join this live Microsoft Teams event please follow the link below to register your interest by Thursday, 4 February 2021:

[Link to the Registration Form](#)

We have launched the Supporting Mental Health on the website to share tools with students and parents/carers on how to maintain positive mental health. Please click [here](#) to take a look.

Best wishes to everyone for a safe remainder of the half term and I look forward to welcoming you to the parent/carer event on Monday, 8 February 2021.

Yours faithfully

Nina Kyprianidis

Deputy Principal