

16 May 2023



**Turves Green
Boys' School**
www.tgbs.co.uk

Safeguarding & Child Protection: Support and Advice for Parents

Dear Parent/Guardian

Re: Raising Awareness and Supporting Mental Health Amongst Young People

At our school, we prioritise the wellbeing of our pupils and families above all else. We are committed to creating a safe and nurturing learning environment that fosters the academic, social, and emotional growth of every pupil. In light of May being Mental Health Awareness month, it is fitting and appropriate that this edition of the Safeguarding letter includes advice, guidance, and information pertaining to the important topic of mental health among young people. The QR codes included at the end of the letter will lead you to informative websites that offer resources, guidance, and tailored support for parents seeking additional information on this topic.

As we navigate the various challenges that life presents us, it is imperative that we remain vigilant in caring for the well-being of our children. Adolescence can be a tumultuous time for our children, as they face numerous physical, emotional, and social changes. It is during this period that mental health concerns may emerge, and it is crucial for us, as parents and educators, to offer a nurturing and supportive environment. By working together, we can help our children develop the resilience and coping skills necessary to overcome these challenges.

First and foremost, it is essential to create an open line of communication with your child. Encourage them to express their thoughts and emotions without fear of judgment or reprisal. Actively listen to them, validate their feelings, and reassure them that you are there to support them unconditionally. By fostering a safe space for dialogue, you can help your child feel comfortable sharing their struggles and seeking help when needed.

Additionally, promoting healthy lifestyle habits greatly contributes to overall well-being. Encourage regular physical activity, adequate sleep, and a balanced diet. These factors play a significant role in supporting mental health and can help alleviate stress and anxiety. Set a positive example by practicing self-care and prioritising your mental well-being. By doing so, you demonstrate the importance of taking care of oneself and inspire your child to do the same.

Recognising warning signs of mental health issues is crucial for early intervention. Be attentive to changes in your child's behaviour, such as withdrawal from social activities, decline in academic performance, persistent irritability, or prolonged sadness. Should you notice any of these signs or have concerns, please don't hesitate to reach out to the school. Our dedicated team of professionals is here to assist and provide appropriate support and resources.



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Furthermore, we have implemented several strategies within our school community to promote positive mental health. Our Pupil Support Services offers support for pupils, where they can discuss their concerns and receive guidance. We have also integrated mental health education into our curriculum, providing pupils with the tools and knowledge to understand and manage their emotions effectively.

I appreciate your time and attention in reviewing this important information. Our school places a high priority on collaboration with parents to ensure that each child achieves their full potential and develops the skills necessary for success in today's world.

If you have any questions or concerns related to the contents of this email or any aspect of your child's experience at our school, I encourage you to reach out to their designated Head of House in the first instance. They will be happy to discuss the matter with you and, if necessary, refer you to our safeguarding team for further support.

Yours faithfully



Mr J Till
Headteacher



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QR Codes for additional information and resources:



<https://www.youngminds.org.uk/parent/>



<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>



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