

22 March 2019

Our Ref: RSM/SJ

Dear Parent/Guardian

Mental Health Awareness Week 1 April to 5 April

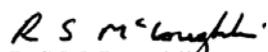
Throughout each academic year Pastoral leaders from each of the post primary schools, in the Banbridge Area Learning Community, meet to discuss how we can best support the social and emotional needs of our young people. Developing strategies to help our young people improve their mental health is a priority for us all and, as a result, we have come together to organise a **Parent Information Session** to explore mental health concerns and share strategies that parents can use to support their children.

During the first week of April (1 April to 5 April), various workshops will be organised in each of the schools to focus on developing our pupils' coping strategies to help manage their mental health. Workshops for each year group will cover a range of issues such as - self harm and suicide prevention, self image, building resilience, managing stress and relaxation techniques.

On Thursday 4 April, 6.45 - 9.00pm, we have organised an information session for all parents, which will take place in the Belmont Hotel, Banbridge. On the evening there will be two key speakers who will provide advice and guidance to our parents/guardians to enable you to support and advise your child on mental health issues, see the attached flyer for more details on the format of the evening. Other local and national organisations which offer support in our local community will also be present on the night to talk to parents about concerns and can provide advice on the services provided for young people in our area.

This is a wonderful opportunity for parents to obtain information about strategies to support our young people and I would urge you all to attend. Please complete the reply slip below and return to your child's Form Teacher to indicate your intention to attend. Many thanks for your support with Mental Health Awareness Week.

Yours sincerely


R S McLoughlin
Principal

Mental Health Awareness Week

I wish to attend the Parent Information Session at **6.45 – 9.00pm on Thursday 4 April 2019** in the Belmont Hotel, Banbridge

Signed _____

Date _____

Parent/Guardian