



28 March 2019

Dear Parent/Guardian

We are gathering information around aspects of technology, mobile phone use, social media and the impact on mental health and wellbeing and request your support in the completion of our questionnaire (link below) which focuses on these areas.

<https://www.surveymonkey.co.uk/r/BPQGMM3>

There is a developing national picture whereby the national mainstream media has been reporting on the challenges to mental health and wellbeing experienced by young people and in particular girls. As such, our duty of care extends to preparing students for the world beyond school and providing them with the tools, structure and framework for developing resilience in the face of challenges. We have been developing our capacity to adequately support and develop students' capacity for:

- making good choices
- developing resilience
- building self-reflection
- enhancing awareness and understanding of oneself through mindfulness

To further enhance these aspects of student development and growth, we are implementing a more formal programme of 'Restorative Justice' later in the year (more information will follow in due course). We have also undertaken the following:

- From June 2018 - Myriad Mindfulness programme with the University of Oxford (Year 7 as a trial and live in Year 8 & 9)
- From January 2016 - Clinical Child & Adolescent Psychologist (two days per week supporting all referred students)
- From October 2017 - E-safety evenings for families each Autumn Term, with updates via the school newsletter

This is providing a foundation for improvement in our pastoral provision (around technology, mental health and wellbeing) and in the support of students.

Please take time to complete the questionnaire. There are 40 multiple choice questions which should take no longer than 6 or 7 minutes to complete. Students will complete the same questions, albeit re-worded to fit their perspective. The results of the questionnaire will be communicated to all stakeholders by mid May 2019. To access the questionnaire please click on the link <https://www.surveymonkey.co.uk/r/BPQGMM3>

The questionnaire will remain live for responses until 3pm on Friday 26 April. Thank you for your continued support in your daughter's education.

Kind regards

Mr. M. Duffy
Deputy Headteacher