

Good afternoon,

Mental health and positive wellbeing is a daily focus at OPALG as mental health matters, every day.

We continue to promote opportunities to discuss mental health and feelings across our academy through our weekly 'Time to...' sessions, assemblies, the work of our Mental Health and Wellbeing Champions and our RSE curriculum.

In addition to this, we engage with mental health themed days and weeks.

As Children's Mental Health Week is fast approaching (7th - 13th February), we wanted to share some fantastic resources available from Wakefield CAMHS (Children and Adolescent Mental Health Services).

For Children's Mental Health week, Wakefield CAMHS have produced two short films for Primary (KS2) and Secondary schools, looking at the basics to promote good mental health and a short film on "Being Calm" for our younger pupils (KSI). You can find these, along with more resources to support children and young people's mental health at:

[Wakefield CAMHS resources - South West Yorkshire Partnership NHS Foundation Trust](#)

Wakefield CAMHS will be promoting Children's Mental Health week on various social media platforms so watch out for updates on their Twitter and Facebook @allofusinmind.

Thank you to those who have spoken directly to me about wanting to be involved with the coffee morning we are hoping to host in April. I have already secured some agencies who are very excited to come and share how they are here to help support both childrens and adults mental health.

If anybody else would like to be involved or has any cakes/buns/treats to donate please email me at: remotelearning@lofthousegate.outwood.com

Thank you for your continued support,

Miss Cleasby