



Dear Parents and Carers

Re: Minds Up Mental Health Project

As part of our ongoing commitment to support and develop student emotional wellbeing and resilience, we are delighted to be working with Bromley, Lewisham & Greenwich Mind mental health training on the Minds Up Project. This has already been piloted with Year 7 and Year 11, we are now in a position to share it with the remaining year groups in the school.

This interactive project, working with one class at a time, will provide participants with the opportunity to reflect and build upon a shared understanding of mental health and wellbeing. It will provide all students at the school with opportunities to build new knowledge and skills, enabling them to better support their wellbeing and the mental wellbeing of those around them.

Session Objectives

During this course we will:

- Develop a shared understanding of mental health
- Develop recognition of the importance of looking after our own wellbeing
- Address common fears and concerns, focusing on healthy coping techniques
- Normalise talking about mental health and empower students to talk about these topics
- Develop personal methods and resilience
- Ensure students know they're not alone and know how to reach out for support

This project, which began in 2021, was made possible thanks to in-memory donations kindly donated to BLG Mind by two families based in the borough of Bromley. It is being delivered in several secondary schools across the boroughs of Bromley, Lewisham and Greenwich.

The sessions will take place within lesson time and we will look to ensure that every student in Years 8, 9 10 and Sixth Form has the opportunity to take part in this project over the coming months. Each group of students will take part in one two-hour workshop

If you have any questions about the project and your child's involvement then please email wellbeing@hayes.bromley.sch.uk.

Many thanks for your support

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