



Our ref: SLA/JLF/Year 7&11/MindsUp

25th September 2023

Dear Parents and Carers

Re: 'Minds Up' Mental Health Project

As part of our ongoing commitment to support and develop our students' emotional wellbeing and resilience, we are delighted to be working with Bromley, Lewisham & Greenwich Mind mental health training on the **Minds Up** project. This will initially be piloted with years 7 and 11, starting in early October.

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 pupils at the school with opportunities to build new knowledge and skills, enabling them to better support their own 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 pupils to talk about these topics
- Develop personal methods and resilience
- Ensure pupils 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 contributed 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.

Student will take part in one two hour workshop with sessions taking place within lesson time. It is our aim to provide every student in Years 7 and 11 with the opportunity to take part in this project over the coming weeks.

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

Many thanks for your support

Mrs S Arney
Assistant Principal



A company limited by guarantee registered in England & Wales with number 07697400
Registered office: Hawksbrook Lane, South Eden Park Road, Beckenham. BR3 3BE

