



Ormiston Six Villages Academy Wellbeing newsletter – Issue 1

Welcome to our first edition of the 'Six Villages Wellbeing Newsletter!'

We know that the last two years have been hard for all members of our academy family and want to support our students, parents, carers and staff.

In tutor time we have had activities to promote and develop mental health and wellbeing. We have also had specifically focused assemblies and a PSHE curriculum which includes aspects of personal growth and development, including the importance of positive mental health. We have also issued wellbeing cards with advice and resources for students and staff.

Our academy values underpin our work and we know that being able to have ambition and perseverance can be impacted by poor mental health. Showing respect for ourselves and being kind to one another are a critical part of wellbeing. By taking responsibility for our mental health in the same way as our physical health we can build a stronger community together.

As part of this work we have now introduced a dedicated area of the website for wellbeing and will also regularly issue a newsletter with key wellbeing updates and information.

The wellbeing area of the website has details for local and national support for children and their families, as well as resources to develop and strengthen positive mental health and resilience.

We know that secondary school can be a challenge and that for some young people it can feel overwhelming at times. These initiatives support our extensive pastoral care across the academy and will enable us all to work together to ensure our children are able to achieve the success we know they are capable of.

If you have any suggestions for topics you would like to be covered or suggestions for resources you have found to be valuable please do email me

emx@ormistonsixvillages.org.uk

In the words of 'Frasier Crane' I wish you good day and good mental health.

Ms. Molineaux-Inglis
Senior Mental Health Lead