



CANSFIELD

ACHIEVING EXCELLENCE TOGETHER

23rd September 2019

Dear parents and carers,

You may have seen on Twitter that over the last couple of weeks we have had 16 members of staff trained as Mental Health First Aiders. This is the start of a broad, whole-school approach to supporting students' mental health and wellbeing that we have recently launched, which will help ensure that your children are happy and have the tools necessary to deal with particular moments of stress that will occur throughout their lives.

During conversations with members of our Parental Advisory Board, a number shared a desire to know more about mental health and wellbeing in young people. In light of this we have invited in Oliver Welsby, Lead Consultant and Trainer at Brightcore Wellbeing and Safeguarding Consultancy, to deliver a presentation to parents entitled 'Mental health awareness; understanding how and why the landscape has changed for young people and how to best support our children'. Ollie is an outstanding speaker and an expert in this field and I am certain that the session will be invaluable for parents and carers.

The session will be held at Cansfield on Tuesday 1st October 5pm-6pm. Refreshments will be provided. If you would like to attend please could you email or phone Karen Smith (k.smith@cansfield.wigan.sch.uk) confirming the number of places that you would like no later than Friday 27th September.

We hope to see you there.

Best wishes,

Dr Geoff Baker,
Headteacher.

Headteacher: **Dr G Baker**
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