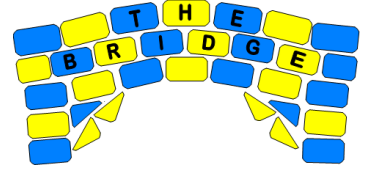


Newsletter

February 2021



As the pandemic continues we would like to remind you that we are here to help parents/carers as well as our students. Your well-being is our priority right now.

Take a look at our website, under Parent or Student you will find The Bridge information and also our Wellbeing page.

The Bridge team have also put together a video especially for you, check out the school website.



Exciting News!!



"Ring, Ring, why don't you give us a call"

Following the questionnaire, we sent and the feedback we have received from parents/carers it was clear we needed to have better access for parents to contact The Bridge, so, that is exactly what we have done.

Now when you telephone the school and the options are given, you will be able to press 4 to come through to The Bridge telephone/answer machine. We will do our very best to answer your calls and get back to you as soon as possible. Please see the parent voice section of the website.



"We've Got Mail"

We also decided to add a direct email address for parents/carers to contact us direct. As with the telephone we will answer all queries as soon as possible.

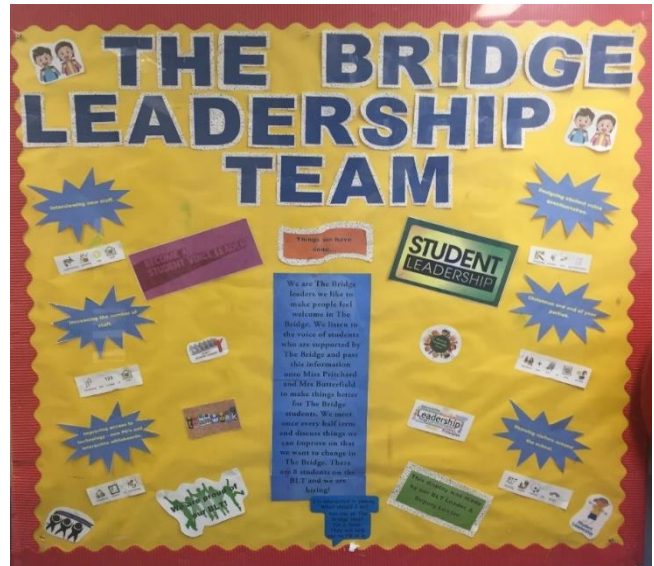
You can contact us at:

thebridgeoffice@holyfamilyschool.uk

BLT Noticeboard

Our Bridge Leadership Team Leader and Deputy have been very busy creating their new noticeboard.

They have done a fabulous job.



We are continuing to support young people's well-being in the following ways.

- Thrive is open at break time and lunch throughout the day for those young people who wish to take time out, to discuss issues affecting their mental health.
- We have started a Monday catch-up on zoom which is open to all young people.
- We will be delivering our Thrive programmes over Zoom beginning in early February. Young people will be sent programme booklets which we will work through whilst on zoom. We will include check in time and feedback on home learning. These will include personal development, issue based and effective study sessions.
- We also begin a joint venture with Keighley Youth Service beginning Tuesday 26th January 4.30-6.00 for 10 weeks. It will follow the Headspace, personal development programme and is open to girls across the school years.
- We continue to populate the Wellbeing section of the school's website with wellbeing ideas, strategies, looms, for you to see.
- We will be marking mental health days throughout the year by producing looms relating to each issue focused upon for the specific mental health days.



Children's mental health week is 1-7th February 2021. The theme this year is Express Yourself.

What is self-expression and why is it important?

Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle or through art forms such as writing, drawing, music and dance.

Self-expression can help you to showcase your true self- your story, your thoughts, feelings and emotions.

Self-expression is a great way to manage stress and free your mind. It can help you to reflect on your life, actions, decisions, beliefs and thoughts, rather than keep them buried deep down.

For more information and fun things to do contact;

www.childrensmentalhealthweek.org.uk

There was a really good programme shown on 21 January called "The Truth about Improving your Mental Health". It had some really good techniques on it about dealing with depression/anxiety etc. and how you can gain greater control over your mind. If anyone is interested or knows of anyone who may benefit from watching it, you can find it on BBC IPlayer

Dates for your diary:



Monday 1 February is the start of Children's Mental Health Week.

Saturday 6 February is Time to Talk Day.



Thursday 11 February is Year 10 Consultation Evening from 3.50pm-6.20pm

School closed Monday 15 February for Half Term.

Tuesday 16 February is Shrove Tuesday.



Wednesday 17 February is Ash Wednesday.

