

**21 September 2015**

Dear Parent / Carer

All Year 10 and Year 11 students will be having PSHE Lessons on the topic of 'Emotional Wellbeing and Mental Health'. This is a topic that has been brought onto the curriculum at the request of parents and students in Rutland. The lessons will cover the following areas:

- Characteristics of emotional and mental health and links to school pressures and peers.
- Causes, symptoms and treatment of mental health disorders.
- Strategies for managing emotional wellbeing and mental health.
- Provide sources of support and help.

There is a wide range of mental health and emotional wellbeing issues which might have an impact on students and their families and it is beyond our scope of guidance to provide detailed information on all of them. We aim to provide signposting to information and guidance about the issues most commonly seen in school age children.

The website: [www.youngminds.org.uk](http://www.youngminds.org.uk) provides support on all issues.

If you have any further queries regarding the lessons please contact Miss Bates at [ba@cbec.rutland.sch.uk](mailto:ba@cbec.rutland.sch.uk)

Yours faithfully



**Mr C Smith**  
**Principal**