

C4L Parent Guide: How can you support my child further with their mental health?

All students attend a Curriculum for Life (C4L) lesson once a week, every Wednesday. One of the topics delivered to all students focuses on mental health. At Trinity Academy Halifax, we believe that supporting our students to understand what mental health is, recognising and learning about mental health issues and knowing where to seek support for mental health is integral to support our students' personal development. This document is designed to give parents and carers advice to further support our students with their mental health.

When will my child be learning about mental health?		What key terms should I use when discussing mental health with my child?		What questions could I discuss with my child to promote healthy conversation on mental health?	
Year 7	Term 1 – Transition to Secondary School <ul style="list-style-type: none"> •What is mental health? •How can I articulate my feelings? •How can I create a positive mind-set? •Where can I seek support for mental health? 	Mental health	A person's condition with regard to their psychological and emotional well-being.	Q1. What do you think mental health is?	It is important to discuss that everyone has mental health and that people's mental health differs. It is also important to discuss that a person's mental health may change throughout their lives.
Year 8	Term 1 – What is mental health? <ul style="list-style-type: none"> •What is my well being? •What is the stigma around mental health? •How does social media impact mental health? •What are unhealthy coping strategies? •What are healthy coping strategies? 	Positive Mental Health	A person's ability to fulfil a number of key functions, including: the ability to learn, the ability to feel, express and manage a range of positive and negative emotions.	Q2. What are signs of positive mental health?	A person with healthy and positive mental health is someone who can cope with the everyday stresses of life. Someone with healthy mental health still feels stressed, sad, anxious or angry some times. Yet the person can regulate their feelings and use healthy coping strategies when needed.
Year 9	Term 4 - How can lifestyle choices impact my mental health? <ul style="list-style-type: none"> •How does alcohol impact people? •What is body image? •What are eating disorders? •What healthy choices can I make? 	Negative Mental Health	Whilst everyone experiences negative thoughts now and again, negative mental health seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning.	Q3. What are signs of negative mental health?	Whilst everyone experiences negative thoughts now and again, negative mental health seriously affects the way you think about yourself and the world, and even interferes with work/study and everyday functioning. For example, feeling anxious all the time for no apparent reason.
Year 10	Term 1 – How can I look after my mental health? <ul style="list-style-type: none"> •How can you reframe negative thinking? •How can we recognise mental health? •What support and treatment is out there? •What are strategies to support my well being? 	Growth Mind-set	A growth mind-set is understanding that it takes time to learn skills and knowledge, but they keep on trying.	Q4. Who would you speak to if you were worried about your mental health?	Your child can speak to any adult within the academy including their VT tutor, College Manager, the Student Well-being Team, and also Mrs Dyson who leads our in house counselling programme.
Year 11	Term 1 and Term 2 – How can I look after myself during exam time? <ul style="list-style-type: none"> •How can I cope with exam stress? •How can setting realistic goals help me stay motivated? •How can improving my time management reduce stress? 	Resilience	The capacity to recover quickly from difficulties.		
		Anxiety	A feel of worry, nervousness or unease about something.		
		Depression	A mood disorder that causes a persistent feeling of sadness.		
		Body Image	Your body image is how you perceive, think and feel about your body. This can be both negative and positive.		

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This page contains information regarding how Trinity Academy Halifax supports students with their mental health. Students discuss this within the academy, but we feel it will strengthen their understanding of where they can seek support if this is also discussed at home.

Where can my child seek support for mental health within the academy?

VT Tutors	All students have a vertical tutor group with at least two vertical tutors who run these sessions. These sessions take place every day for 20 minutes. The role of the vertical tutor is to monitor students' academic and personal development.
C4L Teacher	All students have at least two adults in the room during their weekly C4L lessons. If students are concerned for their safety or want to discuss their mental health, students may seek support from these adults. It may be that a topic is a concern for a student and this can be discussed with the C4L teacher.
College Managers	All students are assigned to a college when they join us at Trinity Academy Halifax. Students will be in one of the following colleges: Hockney, Oliver, Priestley, Redgrave, Stewart or Whiteley. Each college has its own College Manager and these are the first point of contact for students and parents.
Phase Leaders	Our Phase System is separated into three phases. Each phase has a Phase Leader: Phase One: Year 7 & 8 – Miss Howl Phase Two: Year 9 – Mrs Illyas Phase Three: Year 10 & Year 11 – Ms Carr
Student Well being Team	This team of Student Well-being Managers deal with safeguarding and child protection issues. If you have any concerns about the safety or wellbeing of your child, or another student, please contact this team.
Mrs Dyson	Mrs Dyson is responsible for co-ordinating our counselling provisions and one-to-one wellbeing support within the academy.
Any other staff member	Your child may feel more comfortable speaking to a specific teacher. All our staff members are trained in safeguarding pupils & supporting with any concerns they may have.

What other websites could I recommend to my child to support themselves with mental health?

Trinity Academy Halifax has its very own mental health website designed to support students with understanding and recognising mental health issues, it also contains strategies to support with mental health issues.

All students have anonymous access to this website and can log on using their academy email address and password.

www.trinity-safety.net

You may chose to log on with your child and have a look through the website together.



YOUNGmINDS
fighting for young people's mental health

This website can be used to research and seek support for any mental health issues. It also offers guidance for difficult times in your life such as exams or bereavement.



This website can be used for people within the LGBTQ+ community. It offers mental health support and educates people about LGBTQ+ issues.

ChildLine
0800 1111

This website and phone number can be used for any problem or danger a child faces. This can range from physical abuse, mental health issues and financial worries.

At Trinity Academy Halifax, we believe students' personal development is at the heart of everything we do. The Curriculum for Life programme will only strengthen the support we put in place to ensure your child develops into a well-rounded young person that is prepared for their future. We will be sending out further editions of these parent guides to ensure that you are aware of the topics students are learning about and to support you with conversations at home.

Miss Woolford – Curriculum for Life Lead