

# C4L Parent Guide: How can I support my child 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? |                                                                                                                                                                                                                    | What questions could I discuss with my child to support their understanding of mental health? |                                                                                                                                                                                                                                                                                                  |
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| Year 8                                              | <b>Term 1: How do I look after my mental wellbeing?</b><br><br>What is mental health?<br><br>How does social media impact mental health?<br><br>What is body image and body positivity?<br><br>What are healthy coping strategies?<br><br>What are unhealthy coping strategies?<br><br>Where can I seek support for my mental health? | 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.                                        | 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.                                                                                             |
|                                                     |                                                                                                                                                                                                                                                                                                                                       | 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. | 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 sometimes. Yet the person can regulate their feelings and use healthy coping strategies when needed. |
|                                                     |                                                                                                                                                                                                                                                                                                                                       | Growth Mind-set                                            | A growth mind-set is understanding that it takes time to learn skills and knowledge, but they keep on trying.                                                                                                      | What are signs of negative mental health?                                                     | Negative mental health seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning.                                                                                                                                            |
| Year 10                                             | <b>Term 1: How can I look after my mental health?</b><br><br>How can you reframe negative thinking?<br><br>How can we recognise mental health?<br><br>What support & treatment is out there?<br><br>What are strategies to support my well being?                                                                                     | Resilience                                                 | The capacity to recover quickly from difficulties.                                                                                                                                                                 | 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 College Manager, the Student Wellbeing Team and Phase Leader.                                                                                                                                                               |
|                                                     |                                                                                                                                                                                                                                                                                                                                       | Anxiety                                                    | A feel of worry, nervousness or unease about something.                                                                                                                                                            |                                                                                               |                                                                                                                                                                                                                                                                                                  |
|                                                     |                                                                                                                                                                                                                                                                                                                                       | 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 within the academy? |                                                                                                                                                                                                                                                                                                                             | What other websites could I recommend to my child understand their options for further education?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                      |                                                                                                                                                                               |
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| College Tutor                                       | All students have a college group, in which they will see their college tutor every Monday, Tuesday, Thursday and Friday.                                                                                                                                                                                                   | <div>Trinity Academy Halifax has its very own website designed to safeguard all students. The website covers all topics taught in Curriculum for Life including healthy relationships. The website also contains links to websites that you may find beneficial to view with your child. All students have anonymous access to this website and can log on using their academy email address and password.</div> <div><a href="https://tah.our-safety.net">https://tah.our-safety.net</a></div>                                                                                            |                                                                                                                                                      |                                                                                            |
| 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: Titus, Attenborough. Hockney, 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 Leader team are available to support students:<br>Years 7 & 8 – Miss Parkinson<br>Years 9 & 10 – Miss Gaukrodger<br>Year 11 – Mr Bennett                                                                                                                                                                          | <div>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.</div>                                                                                                                                                                                                                                                                                                                                                                                                      | <div>This website can be used for people within the LGBTQ+ community. It offers mental health support and educates people about LGBTQ+ issues.</div> | <div>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.</div> |
| Student Wellbeing Team                              | This team of Student Wellbeing 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.                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                      |                                                                                                                                                                               |
| Medical Welfare                                     | The Medical Welfare team are there to support students with any medical need. If you have concerns regarding the medical welfare of your child, please contact this team.                                                                                                                                                   | <div>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.</div> <div>Miss H Tuffnell – Vice Principal<br/>Miss K Smithson - Curriculum For Life Lead</div> |                                                                                                                                                      |                                                                                                                                                                               |
| 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.                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                      |                                                                                                                                                                               |