

Our Ref: SA:/Admin/SLT/CH/WIL
Date: 23rd May 2023



Dear Parent/Carer

Mental Health Awareness Week

We were delighted with the response from students in supporting the Mental Health Awareness Week. It was great to see so many students wearing green on 'Wear it Green Day' and many also purchased green pins to support the Mental Health Foundation. Ruskin raised £155; a fantastic achievement!

There are many ways you can support your child if they are struggling with their mental health and wellbeing. The theme of Mental Health Awareness Week was anxiety and the Mental Health Foundation suggested these websites for parents/carers to support their child:

For parents and carers wanting to know more about anxiety: [The Anxious Child | Mental Health Foundation](#)

Tips on how to talk to your children about healthy internet use: [Talking to your children about healthy internet use | Mental Health Foundation](#)

May is the start of exam season which can bring about stress and anxiety for young people. There are some top tips for managing this here: [Top Tips for Exams Postcards \(Postcard\) \(mentalhealth.org.uk\)](#)

There are a number of local charities and support groups that are available for your child. As a school, we have worked with

[Visyon | Empowering Young People](#)

[Homepage - Motherwell Cheshire CIO](#)

But there are many others and these will be added to our website soon.

Website and apps that are useful are:

[Home - Kooth](#)

Continued...

Ruskin Community High School

Ruskin Road, Crewe, Cheshire, CW2 7JT

Headteacher: Mr D Postlethwaite BSC (Hons). MA. NPQH.

T: 01270 560514 - **F:** 01270 650248

E: enquiries@ruskin.cheshire.sch.uk

www.ruskinhighschool.co.uk



[My Mind :: Cheshire and Wirral Partnership NHS Foundation Trust](#)

[ChatHealth - Wirral Community Health and Care NHS Foundation Trust \(wchc.nhs.uk\)](#)

[Home - Calm Harm App](#)

If your child's mental health deteriorates quickly, Cheshire East offers a Crisis Line. This is available 24 hours a day, 7 days a week. The telephone number is: 0800 145 6485. You should still call 999 or go to A&E if your child has an immediate, life-threatening emergency requiring mental or physical health assistance.

At Ruskin, we have two School Counsellors that work with students every week. The Mental Health Support Team also visit the school each week, running group sessions and 1:1 sessions with our students. We have a number of trained Mental Health First Aiders and also a trained Trauma Informed member of staff, all of which support our students every day. If you are concerned and want to discuss your child's mental health and wellbeing further, please do contact the school.

Thank you for your continued support.

Yours sincerely

C Harrison

Mrs C Harrison
Senior Assistant Headteacher