



September 2021

## **Goffs-Churchgate Academy Mental Health Newsletter, Autumn term, 2021**

Hello everyone and welcome to the new school year, here at Goffs-Churchgate Academy. We hope that you had a great summer and managed to get some rest and see your friends and families. The school continues to grow in student numbers and there are several new staff. These are exciting times.

As it's the start of the new academic year I'd like to update you with information about events and other things we have planned prior to Christmas.

### **World Mental Health Day, October 10<sup>th</sup>**

We are really looking forward to our first event of the school year. We will be holding a series of events to mark the day during the week preceding the day, as this year it falls on a Sunday! I am in the process of arranging events including workshops and webinars as well as raising money for some of our partner agencies.

### **Just Talk Week, 15-21<sup>st</sup> November**

As we get closer to this date, we will start to work with our partners from Health Improvement Team for Children and Young People at Herts County Council. We will receive a toolkit to support us during this week of events and activities. One of the competitions is based on the '5 Ways to Wellbeing', which are, 'Connect', 'Be Active', 'Keep Learning', 'Help Others' and 'Take Notice'.

### **Herts Wide Poetry Competition**

You may remember that earlier this year we reported on our 2<sup>nd</sup> annual Mental Health Poetry Competition? As a result of the success of this competition we were asked by the CAMHS Communications & Engagement Manager for Children and Young People, at Hertfordshire County Council to see if we would host a county wide competition early next year. Of course, we said 'Yes'! The first really positive planning meeting has already taken place.

## Debating challenge

Together with Mr Alfie Wise we would like to host a debating challenge later this year with other local schools. This would be part of the oracy work being completed at the school. Oracy is, 'the ability to express oneself fluently and grammatically in speech'. We look forward to working with our partners to arrange what will no doubt be nerve racking but great occasion for all the students taking part.

## Creative Space

One of the many sessions that took place on Health and Wellbeing Day in July was a series of sessions to create a mural, which was designed by some of our students and ably supported by Mr Sean Keever. As you'll no doubt agree this is amazing. We are very proud of our students for what they achieved. The site team are arranging for the mural to be prominently displayed at the entrance to the new block.



Finally, If you want to access motivational speeches, exercise videos, information on mental health and wellbeing agencies, and a whole host of other information, go to the Digital Safe Area on the school website. It's easy to find. Go to the website, click on 'Students' and you'll find it on the right-hand side. I'd also like to remind you that if you have any concerns, thoughts, or ideas that you'd like to share with us please don't hesitate to email [wellbeing@goffschurchgate.herts.sch.uk](mailto:wellbeing@goffschurchgate.herts.sch.uk)

Take care

Jim Clune, Mental Health Lead