



16<sup>th</sup> September 2020

## **Goffs-Churchgate Mental Health and Wellbeing Newsletter, Autumn Term**

Hello everyone and welcome to the new academic year here at Goffs-Churchgate Academy. For those of you whose daughters and sons are joining us for the first time, an extra special welcome!

Well, what an extraordinary period we have been through during the last six months or so. The pandemic continues to impact us all in so many different ways but I'm sure you'll agree that is great to have some 'normality' returning to our lives with schools reopening!

Here at Goffs-Churchgate Academy we will continue to support our pupils, parents/families and staff through a variety of Mental Health and Wellbeing events and initiatives. Now more than ever we appreciate just how important it is to work with partners like Herts MIND Network and Samaritans to provide information and support to help one another. We have also signed a new formal partnership agreement to work with Herts MIND for the whole of this academic year!

Each school term has been split into 'mental health themes' and Autumn's theme will be 'Stress and Anxiety'. All our events and information, for the academic year 2020-21, will primarily, but not exclusively, be based around that term's theme.

### **Forthcoming events**

#### **Mindfulness**

- Natural Flair Coaching will be attending the school to give a series of presentations to staff on Mindfulness, not only for staff to use in the classroom but for their own personal use and wellbeing as well
- There will also be Mindfulness sessions for a limited number of students. Due to the pandemic, the final decision on numbers and year groups is still to be determined.

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

- There will be a non-uniform day for students on Wednesday 7<sup>th</sup> October to raise money to buy services from Herts MIND Network
- There will be a virtual whole school assembly and activities on mental health during form time from the 5<sup>th</sup>-9<sup>th</sup> October
- We will be arranging at least one Herts MIND Stress and Anxiety workshop for pupils and Webinar for parents/students
- It is our ambition to run our first Goffs-Churchgate Academy Podcast during this period as well. We would like to interview a person on the subject of mental health and more specifically on our autumn theme of stress and anxiety.



Executive Principal: Alison Garner, Principal: Tom Sparks  
Goffs-Churchgate Academy, College Road, Cheshunt, Hertfordshire EN8 9LY  
✉: [admin@goffschurchgate.herts.sch.uk](mailto:admin@goffschurchgate.herts.sch.uk) ● [www.goffschurchgate.herts.sch.uk](http://www.goffschurchgate.herts.sch.uk)  
☎: 01992 624375 ● [@GoffsChurchgate](https://twitter.com/GoffsChurchgate)



- We will be arranging our first parents/carers health and Wellbeing coffee morning. At the time of writing, we cannot confirm whether we will run a virtual event or invite parents/carers into school.

### Just Talk Week – November/ December 2020

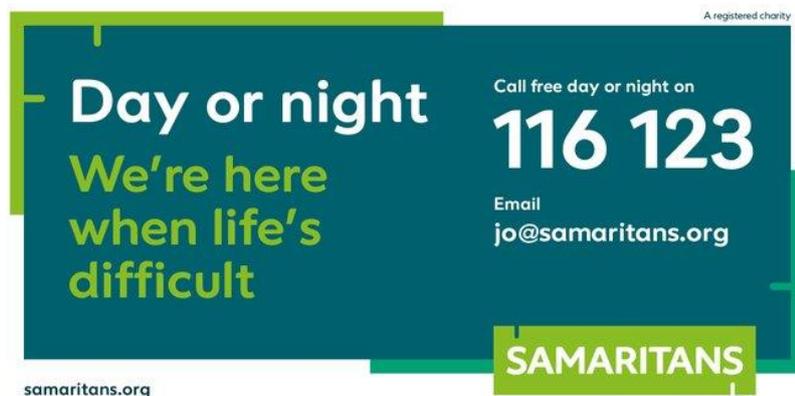
- At the time of going to press the dates for this event have not yet been confirmed
- We will run events during this week as we get further information from Herts County Council
- We are particularly keen to take part in the Story Board competition as over the last 2 years, we have been very successful. One of our student's entries last year was a county wide runner up and we have received several 'commendations' acknowledging the quality of our pupils' entries.

We would also like to take this opportunity of reminding you that we have a wellbeing email address that you are more than welcome to contact us on if you have any concerns or queries about mental health and wellbeing. The address is:

[wellbeing@goffschurchgate.herts.sch.uk](mailto:wellbeing@goffschurchgate.herts.sch.uk)

Please do not suffer in silence. There are a great number of organisations who are very happy to listen, offer advice and support us all. Please see below for a couple of examples of local organisations who are willing to help:

### Samaritans



The 40-second clip (see link below) emphasises the importance of looking after your mental health and reaching out for support, if needed. It also includes a reminder of Samaritans contact details, and that they are open for phone calls and emails. . .

To share the animation, please copy the link below onto your web browser:

<https://www.youtube.com/watch?v=jFyVdbhSSVg&feature=youtu.be>



Executive Principal: Alison Garner, Principal: Tom Sparks  
Goffs-Churchgate Academy, College Road, Cheshunt, Hertfordshire EN8 9LY  
✉: [admin@goffschurchgate.herts.sch.uk](mailto:admin@goffschurchgate.herts.sch.uk) • [www.goffschurchgate.herts.sch.uk](http://www.goffschurchgate.herts.sch.uk)  
☎: 01992 624375 • [@GoffsChurchgate](https://twitter.com/GoffsChurchgate)



## Herts MIND Network



You can call Herts MIND Network on 0203 727 3600 or visit their website and self-refer should you wish to.

I would also like to take this opportunity to remind you that the Herts MIND shop has now reopened in Waltham Cross.

If you are experiencing a mental health crisis and would like to talk to someone, you can call the Herts MIND Crisis Helpline on, 01923 256 391.

The helpline opening hours are as follows:

- Monday 6pm to Tuesday 8am
- Tuesday 6pm to Wednesday 1am
- Wednesday 6pm to Thursday 1am
- Thursday 6pm to Friday 1am
- Friday 6pm to Saturday 8am
- Saturday 3pm to Sunday 8am
- Sunday 3pm to Monday 8am

For further information regarding Herts MIND Network Services and a Free Online Parent Peer Support Group, please visit the Goffs Churchgate website



Executive Principal: Alison Garner, Principal: Tom Sparks  
Goffs-Churchgate Academy, College Road, Cheshunt, Hertfordshire EN8 9LY  
✉: [admin@goffschurchgate.herts.sch.uk](mailto:admin@goffschurchgate.herts.sch.uk) • [www.goffschurchgate.herts.sch.uk](http://www.goffschurchgate.herts.sch.uk)  
☎: 01992 624375 • [@GoffsChurchgate](https://twitter.com/GoffsChurchgate)



I'd like to close by sharing the following quote, by Chernobamba, courtesy of 'Four Four Two' Football Magazine;

*'It's so important to open up. Talking to someone about what you're going through is the most important thing you can do in that situation, whether it's your mum, dad, partner, friend, cat or dog. Anyone. You just need to talk. It's an essential part of the process, and if I can encourage one person to talk through their issues with someone else, that makes it all worth it.'*

Best wishes and good mental health,

**Jim Clune**

Mental Health Lead

Goffs-Churchgate Academy.



Executive Principal: Alison Garner, Principal: Tom Sparks  
Goffs-Churchgate Academy, College Road, Cheshunt, Hertfordshire EN8 9LY  
✉: [admin@goffschurchgate.herts.sch.uk](mailto:admin@goffschurchgate.herts.sch.uk) • [www.goffschurchgate.herts.sch.uk](http://www.goffschurchgate.herts.sch.uk)  
☎: 01992 624375 • [@GoffsChurchgate](https://twitter.com/GoffsChurchgate)