

23rd October 2023

Dear Parent/ Carer,

I am immensely proud to be writing you this letter about your child/children. Over the past few months they have engaged and completed our mental health ambassadors course. We call our mental health ambassadors the 'Triple A Ambassadors for Mental Health' - Triple A standing for ambassadors for mental health Acceptance, mental health Awareness and mental health Advocates.

Your child/children have successfully completed this course. During the sessions they fulfilled the following aims;

- To be able to talk about the differences between mental health and mental illness.
- To consider what stress is and how it affects individuals.
- To explore protective factors that influence wellbeing.
- To practice listening and reflect on its effectiveness.
- To explore the mental health continuum.
- To find out what help and support is available for people with mental health issues.
- To think about applying wellbeing strategies.

Students will be awarded their certificate of completion and a Triple A badge on the 26th October at 2pm during a celebration event and I would like to invite you to this.

If you are able to attend please can you email me at c.schulze@newbold.outwood.com.

Yours sincerely,



Ms C Schulze
Vice Principal