



## Parent Bulletin Friday 6<sup>th</sup> May 2022

Dear Parents/Carers

It has been a shorter week than usual but a busy one and I would like to open by wishing Eid Mubarak to all those who celebrated this week. We have had a busy week in school with some exams for Year 11, 12 and 13 students, a college visit for Motor Vehicle students, several sporting fixtures and an enterprise day designing apps for Year 7 students. We're enjoying a busy time in school in a much more usual fashion than has been the case and clearly everyone is enjoying that.

Next week is the last full week of school for Year 11 and 13 students before the exams start. It is now vital that all their focus is on revision and exam preparation so that they achieve as well as they can this summer. If parents of any of these students require any help or support from us to maximise exam success please do get in touch with us via your child's form tutor. All these students have had a revision study guide as well as their additional lesson resources which I hope they are putting to good use.

Over the next few weeks the weather should get warmer. Please make sure your child is appropriately dressed for school as this happens. That means large winter coats are unlikely to be needed and we do not need students overheating. It also means students should be wearing the full uniform correctly with no excuses.

Finally, we have a number of Year 10 students on work experience next week. Many parents have worked hard to help organise the placement for their child and I thank them for that. We very much hope that this proves a good experience for all students, whether on an offsite placement or part of the in-school virtual work experience. If there are any problems or queries please do get straight in touch with us.

Have a good weekend.

Peter Collins

Headteacher

## News and Information

### Mental Health Awareness Week 9<sup>th</sup> May

At Slough and Eton we believe that good mental health and strong wellbeing is the basis for a happy and successful life at school and beyond. We know that life is not easy right now and most people have struggled in one way or another. If your child has a worry that they would like to share in confidence with a School Counsellor or a Learning Mentor they can email [wellbeing@slougheton.com](mailto:wellbeing@slougheton.com). If they would rather speak to somebody who does not know them, there are helpline numbers below, and there are further helpline details on page 13 of the Student Planner.





## The Slough & Eton Wellbeing Team

- We are here to support students with any aspect of mental health or emotional wellbeing. We can provide specialist, bespoke interventions in school, and if necessary we can find you expert help from outside of school.
- Students can self-refer to [wellbeing@slougheton.com](mailto:wellbeing@slougheton.com). Your email will be treated as confidential and somebody will contact you within 24 hours (term time).
- There is a drop in surgery every Wednesday lunchtime. Email if you would like to come along [wellbeing@slougheton.com](mailto:wellbeing@slougheton.com)

### If you have concerns regarding

*The list is not limited to the concerns outlined below*

- Anxiety
- Stress
- Confidence
- Exam Stress
- Image Problems
- Sleeping Difficulties

### We offer the following support

- 1:1 Counselling
- 1:1 mentoring in emotional health
- Small group work in emotional health

## Meet the Team



Simone Cadette  
Counsellor



Susie Curtis  
Counsellor



Mrs. McCulloch  
Learning Mentor,  
Mental Health First Aid



Mrs. Holland  
Learning Mentor,  
Mental Health First Aid



Miss Kumar  
Sixth Form Learning  
Mentor

Name of Service	Contact details
Directory of Slough Mental Health & Wellbeing Services	<a href="https://www.slougheton.com/about/safeguarding">https://www.slougheton.com/about/safeguarding</a>
Young Minds	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a> or text 85258
Childline	<a href="https://www.childline.org.uk">https://www.childline.org.uk</a> or telephone 08001111
KOOTH Counselling Service	<a href="https://kooth.com">https://kooth.com</a>
The Mix	<a href="http://www.themix.org.uk">http://www.themix.org.uk</a> or telephone 0808 808 4994
CAMHS Mental Health Support Team	<a href="https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-adolescent-mental-health-services-camhs/mental-health-support-and-getting-help-teams/">https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-adolescent-mental-health-services-camhs/mental-health-support-and-getting-help-teams/</a> or telephone 0300 365 1234

This week's **Collective Worship** reflection is:

*Dear Lord,*

*Thank you for the wonderful skills and gifts you have so freely given me.*

*Come, guide my path as I look for new challenges.*

*May I always serve you and others in the new adventures that await me.*

*Amen*

*I have come in order that you might have life – life in all its fullness (John 10:10)*