



November 2018

Dear Parents/Carers

The week commencing 12th November, will be Newark Academy's Healthy Minds Week, which also falls on National Anti-bullying Week.

Throughout the week, we will be delivering a series of sessions to raise awareness, improve knowledge and address the stigma around mental health.

For the 4th year running, we will be inviting Satveer Nijjar from Attention Seekers to deliver a session around self-harm / basic mental health to our year 8 students. Satveer will also be running various other sessions throughout the week.

Year 7 will receive body image sessions from Freed Beeches and year 9 will receive sessions on personal space from Equation.

All year groups will have assemblies on mental health and tutor workshops on anti-bullying.

We are very aware of the delicate nature of these subjects and therefore only work with the highest quality of providers and will also be re-enforcing messages of how and where young people can access support, both in and out of school. If you would like any further information on any of the sessions running, please do not hesitate to call and find out more.

In addition, please see attached a flier for a parent course that we are running on Thursday 15th November, here at Newark Academy, 5pm - 6pm. To book a place on the course please email Mrs Brown directly abrown@newarkacademy.co.uk or call 07951 937366.

Kind regards

Ali Brown
Community Engagement Co-ordinator
The Newark Family of Schools
07951 937366



NEWARK
ACADEMY

Self Esteem



Understanding Your Child's Self-esteem

Thursday 15th November at Newark Academy 5pm-6pm

This adult course will help you find out what self-esteem is and give some very simple strategies on how to help support your child positively and increase their self-esteem

Relevant to all age groups!!

In partnership with Health Improvement—NSDC



For any questions or to book a place on the course, please email Mrs Brown directly
abrown@newarkacademy.co.uk or call [07951 937366](tel:07951937366)