

Orchards Academy working with Mind and Body Team

Delivering intervention to year 9 students from January 2024

This starts with an assembly on 8th January 2024

Dear Parent/Carer/Guardian,

I am pleased to announce that our '**Mind and Body**' programme is going to be delivered at your young person's school over the course of the next few months.

The early intervention programme explores a range of strategies to help participants better manage their emotions and anxieties and looks to promote positive communication with others.

An independent evaluation completed by the University of Bath in 2017 evidenced positive improvements in participant's emotional wellbeing and reductions in a range of risk-taking behaviours including self harm.

As part of the programme, young people are invited to complete a confidential survey which helps to identify those for whom the sessions may be most beneficial. If we have any significant concerns regarding your child's wellbeing or safety, we will contact you directly and the school will be notified if appropriate.

Anonymised statistics will also be used from these surveys to help us better understand and respond to the challenges faced by young people in relation to emotional wellbeing. We are With You keeps sensitive information logged on a secure database. Participants can request to view their records. Information will be securely destroyed after a set amount of time. Our full Data Security and Protection Policy is available upon request.

Completion of the survey and attendance on the programme are voluntary; young people do not have to take part if they do not wish to. The schedule for sessions has been designed to minimise disruption to core subjects.

As part of '**Mind and Body**', we recognise that parents and carers are often left with questions around mental health and emotional wellbeing and may feel unsure how to deal with some situations. Support may be available even if your young person does not come on the programme. Please see our [website](#), where you can book a session directly.

If you have any questions about the programme please contact the office on 01795 500882 or at MABadmin@wearewithyou.org.uk or speak to **Jacquie Heaver** at **Orchards Academy** on 01322 665231 ext 208

The Mind and Body team and Orchards Academy

PLEASE NOTE: 'Mind and Body' is not an emergency service. If your child needs immediate help please contact your GP, local CAMHS service or present yourself to Accident and Emergency.