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December 2018

Dear Parent or Guardian,

On Thursday 10 January we have arranged for the Samaritans to deliver a presentation to parents on the subject of bereavement. This will take place in the Old School from 5.00pm until 5.45pm. The Samaritans will provide information on how parents can support their children in talking about their feelings and enable them to develop positive coping mechanisms. They will also provide advice on what might be the warning signs that a child is struggling and how children can look after their emotional health. The Samaritans website also has a wealth of information available. The Samaritans provide emotional support that is anonymous and confidential on Freephone 116123. Due to the nature of the presentation, the Samaritans have asked that children do not attend the evening talk.

This letter also provides an opportunity to tell you about the new Student Support Centre that will be opening in the New Year. At the end of September, we started work on converting an area of the original school into a facility for SEND, student support and mental health. Mrs Jenny Wigham, our Mental Health and Wellbeing lead will be based in this area together with the SEND team. Students are aware of how to contact Mrs Wigham should they need support, and parents can also make contact at jenny.wigham@kings.lincs.sch.uk or via the usual school phone number.

On Monday 11 March we shall be welcoming Dr Aric Sigman to the school to deliver a talk on 'Preventing Mental Health Problems in Children' from 4.30pm – 6.00pm. Dr Aric Sigman is a member of the All-Party Parliamentary Group on a Fit and Healthy Childhood and is a contributing author to the new Parliamentary Group report on Mental Health in Childhood. The talk will look at practical and achievable steps that parents and children can take to strengthen children's mental health and resilience and reduce the risk of mental health problems developing. We shall send out further details regarding this evening in the New Year.

If you would like to attend the Samaritans talk on Thursday 10 January, please email admin@kings.lincs.sch.uk by Tuesday 8 January.

Everyone at King's wishes you and your families a very Happy Christmas and prosperous New Year.

Yours sincerely,

Justin Dixon
Deputy Headmaster