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Head: Jane Partridge

22 January 2019

Dear Parent

Mind and Body Programme

At NTC we work in partnership with a number of outside agencies to ensure that our students get the best out of their education along with looking after their emotional wellbeing. Over the next few months Young Addaction will be in school delivering Mind and Body sessions which will be offered out to all year 10 students.

I have enclosed a copy of the Young Addaction letter which details the Mind and Body programme.

The first session will be delivered in an assembly where the students will be introduced to the Mind and Body Team.

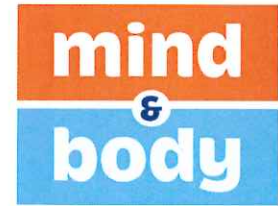
We will send further information out once the assembly has taken place.

Please note that if you require any further information regarding this programme the Mind and Body team can be contacted on 01795 500882 or at MAB@addaction.org.uk

Yours sincerely



Mrs V Parry
Vulnerable Child Coordinator

The logo for youngaddaction, featuring the word 'youngaddaction' in white lowercase letters on a dark blue rectangular background.

Dear Parent

I am pleased to announce that Addaction's **'Mind and Body'** programme is going to be delivered at your son'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.

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 is available via three methods: telephone advice sessions, face to face meetings and a variety of group sessions with themed topics.

If you have any questions about the programme please contact the office on 01795 500882 or at MAB@addaction.org.uk

Yours sincerely

The Mind and Body team

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.