

Wellbeing Wednesday

Dear Parents, Carers & Families

This week is our final Wellbeing Wednesday of the school year and we have been asking students for their feedback about wellbeing.



I would also like to take this opportunity to ask you for any feedback or ideas you might have - if you have any thoughts about wellbeing at The Halifax Academy or ideas that you would like to put forward about how we might support students more with their wellbeing, please email me using this address:

jgeorge@thehalifaxacademy.org



Next week students are having assemblies from Kooth. Kooth are a brilliant organisation. They offer emotional and mental health support for children and young people aged between 11-24 years and are available up to 10pm every day.

If you feel your child would benefit from speaking to someone online and anonymously you can signpost them to Kooth - especially if they are worried or anxious about transition: <https://www.kooth.com/>

As always, we are here if you need any support with wellbeing.

**Take care and have a wonderful summer,
Mrs George and the Wellbeing Team**