

Tuesday 3<sup>rd</sup> January 2023

Dear Parents/carers,

This term, Year 4 will be taking part in a workshop around the importance of positive mental health linked to the use of social media. The dates are as follows:

**Juniper** Tree: Wednesday 25th January 2023 at 9:00am

**Cherry** Tree: Wednesday 25th January 2023 at 11:30am

Please find below some information from the company that will be running the sessions.

### **What is Greenwich Mental Health in Schools Team (MHST)?**

We are one of many brand new teams established in October 2019 nationally after recommendations from the government's Green Paper ('Transforming Children and Young People's Mental Health Provision') set out a plan to implement mental health teams within schools to support children and young people with low level mental health difficulties as well as helping to develop school cultures that are 'mentally healthy' - including supporting and adding to what all schools are already doing to support the wellbeing of pupils and staff.

### **Social Media and Mental Health Workshop Information:**

This workshop aims to raise awareness of the positive and negative aspects of social media and how these can impact upon our mental health. It aims to educate children on how they can develop a healthier use of social media. We will also discuss gaming and provide tips on how to stay safe online. This is a one-off workshop that lasts for 60 minutes.

If you have any questions, please contact either your class teacher or a member of the leadership team.

Thank you,



Kamaria Webber  
LKS2 phase leader

