

**CENTRE ACADEMY LONDON**

92 St John's Hill Battersea, London, SW11 1SH  
Tel: 020 77382344  
email: LondonSchool@centreacademy.co.uk  
www.centreacademy.net



**CENTRE ACADEMY EAST ANGLIA**

Church Rd, Brettenham, Ipswich, Suffolk, IP7 7QR  
Tel: 01449 736404  
email: admin-ea@centreacademy.co.uk  
www.centreacademy.net

22<sup>nd</sup> November 2022

Dear Parent/Carer,

We are looking forward to Suffolk Mind visiting Centre Academy East Anglia next week to deliver their mental health workshop 'Teenage Toolkit'. This is taking place on Monday 28th November for our older students: American Diploma, 1MC, 2CS and 3AG.

We place huge importance on the mental wellbeing of our students. We hope they will take away useful strategies and new information from this workshop. Attached is a letter from Suffolk Mind with some extra information.

Please do not hesitate to contact me if you need more information [m.brown-ea@centreacademy.co.uk](mailto:m.brown-ea@centreacademy.co.uk)

Yours sincerely,

A handwritten signature in black ink, appearing to be 'M. Brown', with a small flourish at the end.

Mrs M Brown  
HLTA / ELSA  
Centre Academy East Anglia



Dear Parents/Carers.

Suffolk Mind will be visiting your child's school this term to teach our educational wellbeing programme, The Teenage Toolkit.

### **What is the Teenage Toolkit?**

This is a practical 2.5-hour workshop designed for young people.

Teenagers and young people experience many changes as they grow older. Their brain physically develops, and this can impact their wellbeing.

That is not to mention other challenges they need to navigate including friendships, relationships, school pressure, identity and their values and ethics.

Our workshop aims to equip young people with practical skills and understanding, enabling them to look after their wellbeing as they mature into young adults.

### **What does The Teenage Toolkit Cover?**

The Teenage Toolkit teaches skills and techniques to support your child and others.

Children will develop an understanding of the Emotional Needs and Resources, and how they relate to their physical wellbeing, including stress, anxiety, and low mood.

They will find out about how we feel stress in the body and what we can do about it

Learn skills to cope in challenging situations

Understand their own mental health and how to move towards, or stay in, wellbeing by meeting your needs

How sleep can affect mental health and how you can improve it

What the links between food and drink and mental wellbeing are

They will learn new techniques to form better relationships with others to meet your need for connection so that you feel heard.

### **Where can I find more information?**

Suffolk Mind believes it is vital that our programme is shared so that the content can be embedded in school and at home so that everybody can use the same language to talk about and take care of their mental health.

To make this happen we are committed to share more information:

Ways you can access this...

- Become a friend of Suffolk Mind – by doing this you can access free Emotional Needs adult training and learn more about our model to improve wellbeing across the county.
- Visit our website [www.suffolkmind.org.uk](http://www.suffolkmind.org.uk)
- Email us [schools@suffolkmind.org.uk](mailto:schools@suffolkmind.org.uk)
- Call us 0300 111 6000

We look forward to working with your children and moving forwards with our aim to make Suffolk the best place in the world to talk about and take care of mental health.