



Sir John Cass's Foundation and Red Coat CofE Secondary School & Sixth Form College

We will achieve excellence and inspire generations the Cass Way

Headteacher: Mr P. Woods

February 2020

Dear Parent /Carer,

At Sir John Cass Red Coat, along with other schools in Tower Hamlets, we are committed to developing and improving support for our pupils' social, emotional and mental wellbeing. We are therefore excited to be part of a national initiative which will involve working with a new Tower Hamlets Education Wellbeing Service, in order to increase early help for children and young people beginning to struggle with aspects of their social and/emotional development. Schools participating in the project commit to working closely with pupils, parents and carers in order to understand and address their views and needs and make best use of their strengths and resources.

The focus is on pupils experiencing early signs of anxiety or low mood. An approach known as 'guided self help' is used to provide young people with an understanding of and strategies to address their difficulties. The support consists of 8 weekly, structured sessions, supported by homework undertaken by the pupil. Pupils refer themselves to the service, but will require parental consent before any work is undertaken. The worker will meet with you to ensure you are fully informed about the nature of the work and have the opportunity to support its success. Where pupils are experiencing difficulties in any area of their wellbeing but are not likely to be helped by this approach, the service will work with the school to ensure they and/or their families are offered the best possible alternative support.

In addition to providing support to pupils on an individual basis, the project involves the school working closely with the service to develop whole-school systems, structures and resources that support student wellbeing. This could take the form of group work, contributing to assemblies, support for parental involvement and staff support and training. Involving staff, pupils and parent/carers in the development of all service activities is a key priority.

If you are happy for your child to participate in any of the class or group activities then you do not need to do anything further. If you are unsure about this and would like to discuss this further, please contact the school staff lead below.

Each school accessing the service will be assigned an Education Wellbeing Practitioner who will get to know the school community well and provide the interventions. They will be supported by a senior member of the service and a senior member of staff. At Sir John Cass Red Coat, the school staff lead for the service is : Ms Jech, Assistant Head Teacher (vicky.jech@sjcr.net)

Please don't hesitate to contact Ms Jech if you would like further information about the project. A copy of this letter can be found on the school website and you will be kept informed of progress and any opportunities to contribute as they arise.

Yours faithfully,

Paul Woods.

Head Teacher