



CAISTOR YARBOROUGH ACADEMY

Our Ref: BCur/KWoo

09 February 2021

Dear Parents/Carers

Self-Esteem Team Virtual Workshops - Thursday 11th February

As part of the Academy's continued focus on Children's Mental Health week, on Thursday 11th February we will be holding a series of Virtual Workshops in partnership with the Self-Esteem Team.

These workshops will focus on a range of well-being issues, will be led by members of the Self-Esteem Team and will run through the Microsoft Teams platform which the Academy has used to provide online work during the current wider closure.

Your child will have received an invite over Teams which will appear on their Calendar on Thursday 11th February at the time given below. **If this has not happened, please e-mail Ben.Curtis@cyac.org.uk** as soon as possible so that a new invite can be issued.

The workshops will take place at the following times for each year group and will replace the normal timetabled lesson at that time. Please note that Year 9 have two workshops through the day:

- Year 7 - 9am-9.55am - Self Esteem
- Year 8 - 1pm-2pm - Mental Health
- Year 9 - 10am-11am - Mental Health *and* 2pm-3pm - Body Image
- Year 10 - 11.15am-12.15pm - Managing Stress

These workshops will run with the same expectations as a normal online lesson. Students should be aware that they are representing the Academy and conduct themselves in an acceptable manner.

Should you wish to find out more about the work of the Self Esteem Team, please visit their website at www.selfesteemteam.org

We hope that these workshops will engage and inform students on a range of issues which are very prevalent in the current climate, and provide strategies and guidance to help them both now and in the future.

If you have any questions or concerns, please do get in touch.

Yours faithfully



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Associate Assistant Headteacher (Personal Development)
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EXCELLENCE FOR ALL

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