



## THE SKIPTON ACADEMY

A MOORLANDS LEARNING TRUST ACADEMY

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Principal: Mr Richard McManus

Dear Parents and Carers,

I hope you are all well. As you may be aware, next week is Children's Mental Health Week, with the theme 'Express Yourself'. During the week, we will be offering a range of activities for the students to participate in, including assemblies and a virtual visit from our Mental Health Support Team. We are also declaring Tuesday afternoon as 'Time-Out Tuesday', where we will be giving all of the students and staff the afternoon away from their screens, (following a special assembly for Y7 and 8), and encouraging them to do something a little bit different. Mr Carr will be setting a Taskmaster challenge around this theme for students to try during their time out.

There are lots of resources on the Children's Mental Health Week website ([Parents and Carers - Children's Mental Health Week 2021](#)) that you can use with your child at home, including activity ideas, tips for parents and carers and an online assembly, which will be available from 1st February. Each day, we will share a mental health and wellbeing tip or activity via our social media platforms, so please do keep an eye out for those. Also attached is a poster from our Mental Health Support Team regarding a parent support line.

With the continuation of remote learning and partial closures for schools, as well as our third lockdown, children, young people and adult mental health has never been so important. If you are concerned about your child or you would like to know more about what we can offer here at school, please do get in touch by emailing [admin@theskiptonacademy.co.uk](mailto:admin@theskiptonacademy.co.uk)

Best wishes,

Amanda Dudley  
Assistant Principal/SENCo



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