LAST EDITION OF THE YEAR



We have received the SILVER

AWARD for our dedication to
the students well-being at
Hodgson Academy. We are
officially a Mentally Healthy
School!

Things we did to earn our Silver Award status:

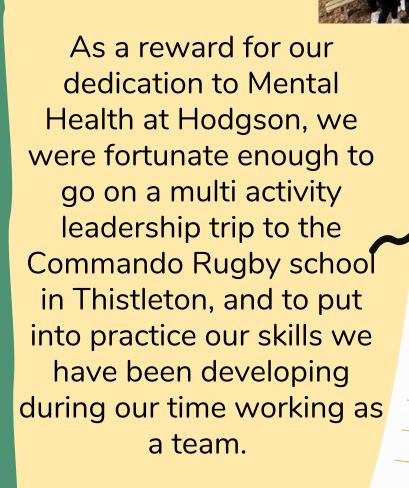
- Bake sales raising funds for MH charities
- Kindness week activities
- Assemblies
- Year 7 Mental HealthMentors
- Our training with One Goal
- Reflections of our practise throughout the year
- Safe Space duties
- Coffee mornings with parents

This year, we have had numerous coffee mornings with local services attending such as:

- Kooth
- \$hine
- Primary Mental Health worker
- Target youth
- A life coach

We would like to thank all the parents that have come in to support with this!







We have made many podcasts for our Hodgson website, which includes:

- Confidence
- Coping
- Exam stress
- Helping friends with stress
- Mindfulness
- Sleep
- Toxic friendships

mber to check

www.hodgson.lancs.sch.uk/health-wellbeing