

MENTAL HEALTH NEWSLETTER

LAST
EDITION
OF THE
YEAR

WHAT'S NEW?

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 Health Mentors
- 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
- Shine
- 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!





MENTAL HEALTH REWARD TRIP!



As a reward for our dedication to Mental Health at Hodgson, we were fortunate enough to go on a multi activity leadership trip to the Commando Rugby school in Thistleton, and to put into practice our skills we have been developing during our time working as a team.



Hodcasts

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

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

**Remember to check
out our page**

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