

PRINCIPAL  
Mr Christopher Sammons BA, NPQH

May 5 2017

Dear Parents,

At the end of last term, we invited parents of Years 7-10 and 12 to an Information Session with a focus on well-being strategies including dealing with bereavement. We invited parents to send in questions prior to the evening so we could gauge which aspects of well-being in particular parents wished to discuss. Self-esteem, mental health and managing online behaviour were particular areas that parents sought further guidance on. Once again, Tim Conroy Stocker (ESF Senior Educational Psychologist) and Lucy Graham (Family and Adolescent Counsellor) answered questions, sharing their professional experience with us.

Please see below the resources that Lucy and Tim shared with us during the evening:

Winston's Wishes - charity for bereaved children: <https://www.winstonswish.org.uk>

Mental Health and Well Being: <https://youngminds.org.uk>

Canadian site offering resources, advice and support for anxiety:  
<http://youth.anxietybc.com>

Developing self-esteem by looking at character strengths:  
<https://www.viacharacter.org/www/>

Managing online behaviour within families including approaches to setting up a family media agreement: <https://www.commonsemmedia.org/>

Devorah Heitner Screenwise: *Helping Kids Thrive (and Survive) in Their Digital World* (book):  
<https://www.bookdepository.com/Screenwise/9781629561455>

### JOURNALLING FOR PARENTS AND CHILDREN

The links below explain why journalling can be a useful tool to organise your thinking, encourage self-reflection and discovery whilst developing skills of explanation and writing.

<https://psychcentral.com/blog/archives/2014/09/27/30-journaling-prompts-for-self-reflection-and-self-discovery/>

<https://www.forbes.com/sites/lizryan/2016/02/04/journaling-is-great-exercise-here-are-25-journal-prompts-to-motivate-you/#49f87a20794c>

<https://www.journalbuddies.com/prompts-by-grade/elementary-writing-journal-prompt-ideas-for-kids/>

<http://www.dailyteachingtools.com/journal-writing-prompts.html>

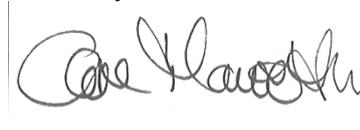
<http://www.childnet.com>

Following on from parental concerns regarding online behaviour, Mr Sammons sent a letter to you last week about the current Netflix series, '13 Reasons Why' and highlighted that as parents we should continue to be vigilant concerning the wider access that our children have to many social platforms. As you will appreciate, it is very difficult to keep continually in the loop about particular apps and social platforms due to the fast pace of technology and changing trends. I would however, like to bring to your attention a game that is being circulated on the Internet. The game goes by many names, 'The Blue Whale', 'A Silent House', 'A Sea of Whale' and 'Wake Me Up at 2.40am' and is played via social media platforms. Players are given a 'master' who controls them for 50 days and each day they are given a task to complete. Tasks include waking up in the middle of the night, scratching a whale or other objects somewhere on their body. The tasks steadily escalate and on the 50<sup>th</sup> day the 'master' behind the game instructs the young person to commit suicide. Sadly, some vulnerable young people are reported to have fallen victim.

Please be reassured that we have no evidence that this game is being played by our young people and our intention is to inform and share this information with you. In an ever-changing world, one certainty is our vigilance and having an open dialogue with our children is an effective insulator.

Please do not hesitate to contact me, your child's tutor or member of the Guidance and Achievement team should you have any questions about the resources or require further information and guidance.

Sincerely,



Ms Haworth