



Weekly Newsletter

Dear Parents/carers,

Mental Health – this week we marked [World Mental Health Day](#) across the school. Our school Mental Health lead, Mr Howarth has lead assemblies for all year groups this week. We spoke to the students about understanding what ‘mental health’ means, and how to spot signs of poor mental health. Some possible signs of deteriorating Mental Health are:

- Poor sleep.
- Decrease in motivation.
- Isolating yourself from friends and family.
- Inability to concentrate.
- Generally not feeling good with yourself.

Any of these signs in isolation do not mean that your child has a Mental Health issue. However, identifying any changes early and seeking support may help. The organisations can provide resources and information and support:

<p>YoungMinds Textline </p> <p>Text YM to 85258</p> <p>Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.</p> <p>All texts are answered by trained volunteers, with support from experienced clinical supervisors.</p> <p>Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.</p> <p>Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.</p> <p>Opening times: 24/7</p>	<p>Childline </p> <p>If you're under 19 you can confidentially call, chat online or email about any problem big or small.</p> <p>Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service.</p> <p>Can provide a BSL interpreter if you are deaf or hearing-impaired.</p> <p>Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations.</p> <p>Opening times: 9am - midnight, 365 days a year 0800 11 11</p>	<p>The Mix </p> <p>Offers support to anyone under 25 about anything that's troubling them.</p> <p>Email support available via their online contact form.</p> <p>Free 1-2-1 webchat service available.</p> <p>Free short-term counselling service available.</p> <p>Opening times: 4pm - 11pm, seven days a week 0808 808 4994</p>
<p>YoungMinds Textline</p>	<p>Childline</p>	<p>The Mix</p>

[Watching this video](#) with your child may highlight any concerns they may have. It is crucial that all the students know they can speak to any member of staff in the school – who have all been trained to be able to help.

Breakfast club – a reminder that our breakfast club start on Monday. It is free for all students. To attend, they need to arrive at school between 0800-0820, through the Harbourer Road entrance. Unfortunately, if they arrive any later than that, they will not be able to collect breakfast in time to get to form. When they arrive, students should go straight to the canteen to collect breakfast.



TOGETHER FOSTERING ACHIEVEMENT

Library – we will be fully re-opening our after-school library provision from Monday 11th October. It will be from 3-4pm, where all students can come to read, borrow books, complete homework online or take part in a range of activities. There is no need to sign-up, and they can attend on any day they wish. The schedule for activities is:

- Monday - Chess
- Tuesday Board Games
- Wednesday Origami
- Thursday Book Club
- Friday - Friday Fun

If the students have any questions, they should speak to Mr Latty. Students can also go to the library at break or lunchtime to borrow books.

Parent Governor – Thank you for voting in the parent governor election. The ballot is now closed and the nominated candidates will be announced next week.

Redbridge Youth Hub – please find a flyer from Redbridge on the next page for your reference.

Covid testing – a reminder it is recommended that students test for Covid twice per week, and they can always collect spare sets of lateral flow testing kits from the school reception.

Thank you for your ongoing support, and I hope you have a restful weekend.

Kind regards,

Mr Mackintosh
Principal

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