

Monday 16th May 2022

My Young Mind Enfield (MYME)

Dear Parent/ Carers,

As we celebrated Mental Health week last week, we thought this would be a great opportunity to share with you our involvement with My Young Mind Enfield (MYME).

My Young Mind Enfield (MYME) is a service delivered by the NHS in Enfield that works alongside schools within the borough to support children, young people and families with their wellbeing.

MYME will be providing Woodpecker Hall Academy with support, through training, resources and consultation, to help embed key evidence-based actions that promote emotional health and wellbeing throughout the school.

Over the up and coming weeks and the following academic school year, we are delighted to be taking part in a series of projects, tailored to meet the needs of our school and community.

Below is a list of this term's wellbeing workshops:

Children workshops:

- 18/05/22 - Pupil workshop on social media and mental wellbeing – Yr 5
- 17/06/22 - Pupil workshop on confidence and self-esteem – Yr 5
- 24/06/22 - Pupil workshop on building positive relationships – Yr 5
- 01/07/22 - Pupil workshop on transitions – Yr 6

Parent workshop:

- 10/06/22 – 2:00-3:00pm - Parent workshop on child anxiety

It would be great to see as many of you as possible at the parent workshop on Friday 10th June. If you would like to attend, please come to the main school office just before 2:00pm.

If you would like more information about MYME, please feel free to contact the school office.

Regards,

Rosanna Ojosipe
Deputy Headteacher and Inclusion Leader

Kayley Putz
Designated Mental Health Lead