

16<sup>th</sup> November 2022

Dear Parent/Carer

**Just Talk Week Monday 21<sup>st</sup> November – Friday 25<sup>th</sup> November**

Monday 21<sup>st</sup> November to Friday 25<sup>th</sup> November is Just Talk Week initiatives like the Just TalkWeek campaign provides schools and students with useful resources and self-help tools and strategies to help increase personal resilience, give students confidence to talk about how they are feeling and know where to go to if they require support. Mental health affects us all and should be everyone's business and therefore it is important we understand how we can support ourselves and our students.



Just Talk Week's theme for 2022 is to 'Look beneath the surface', to be patient with others, as we can't always know the challenges that someone may be facing. At school we will be focusing on the importance of talking about mental health and "talking shows strength not weakness" through our assemblies, tutor messages and in Personal Social Development lessons.

That's why, more than ever, it's so important we don't jump to conclusions about people or judge them unkindly.

It's important to understand that if you see a friend, family member or someone else you know acting unusually or not their typical self, they may be having a bad day or going through a difficult time. This Just Talk Week, we'll be exploring the different ways to help - it's often as simple as just talking and listening.

Please find below a link to a useful informative resource provided by Just Talk which provides guidance and support for parents and carers, if your child has told you that they are not OK.

### [Guidance for Parents/Carers](#)

JustTalk have also provided a useful and informative resource suggesting how parents and carers can support a young person who is going through issues and conflict with their peers.

### [Supporting your young person with peer conflict](#)

Other useful guides offering support around mental health and wellbeing can be found by visiting the [JustTalk website](#)

**Parent/Carer Workshop: Managing Conflict for Children/Young People - Thursday 24 November 2022 - lunchtime and evening sessions available:**

As part of Just Talk Week, Watford FC CSE Trust are providing two Positive Minds; Parent/Carer workshops on **Thursday 24 November** at **12:30pm and 6pm**.

The free workshops will focus on **Managing Conflict with Children and Young People**, inclusive of top tips to aid parents/carers with their approach, guidance to support through the key steps to effectively communicate, as well as providing take home resources, to support around conflict with their child/young person.



**Book here:**

[Parent workshop: Managing conflict for Children/ Young People Tickets, Thu 24 Nov 2022 at 12:30pm |](#)

[Eventbrite](#)

[Parent workshop: Managing conflict for Children/ Young People \(Evening\) Tickets, Thu 24 Nov 2022 at 6pm |](#)

[Eventbrite](#)

If you have any further questions or concerns you would like to raise about Just Talk week or a concern you may have about your child, please do not hesitate to contact a member of your child's pastoral support team.

Yours sincerely



**Mrs M Goodes**

Vice Principal

