

10th June 2024

Dear Parent/Carer

All students in Year 7 have been presented with an amazing opportunity to participate in a wellbeing workshop, which will be delivered in school on either the 14th June or the 21st June. Students will take part in the workshops in class groups. Our hope is that by participating in these workshops our students will be empowered with additional skills in maintaining their wellbeing as they transition into Year 8.

Jo Morton-Brown is a senior accredited member of the British Association for Counselling & Psychotherapy (BACP) and has over a decade's experience of delivering counselling to children and young people (CYP), as well as working as a family support worker. She is an enthusiastic and committed advocate for the improvement of mental health, especially in CYP, and believes that early intervention is key. Combining her academic knowledge with first-hand experience, Jo has the expertise and passion to support others via the Flourish YouTube channel. Jo's workshops are always optimistic and forever from the heart.

Jo's work will focus on building pupil's resilience, overall awareness of mental wellbeing, learning positive coping strategies, and so much more.

In addition, a small number of students will take part in an additional workshop, where Jo will be empowering them to become Wellbeing Ambassadors. These students will receive a separate invitation.

You can access Jo's website here: <https://www.jomortonbrown.com/>

Yours faithfully



Miss C Wenzel

Senior Pastoral Lead for Year 7 & Second in Mathematics



flourish

PROMOTING HAPPY YOUNG LIVES



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