



EMa/DE
17 March 2022

Headteacher: **Stephen Brady** BSc(Hons)

Dear Parents/Carers.

You may be aware of rising concerns in the media on young people's well-being and mental health. As part of our school action around mental health we are delivering workshops that link up young people with digital health services and routes to online counselling should they decide they need this.

We will be using an interactive show called On The Level to help equip pupils to manage their mental health and improve their well-being. They will learn about the online support finder called On Your Mind Glos as part of this learning experience.

On The Level is an interactive online TV show, presented by young people for young people. Pupils interact with the events via their digital devices. Access is free using widely available apps and platforms. All content and data shared during these sessions is secure and confidential.

To give you a sense of how On The Level works, here's a link to the Pilot video:
<https://youtu.be/NiEGxTer6hY>

On The Level is produced by REPRESENT - an award-winning youth development organisation and media platform, helping young people realise their full personal potential through core social, emotional and communication skills. REPRESENT run training and development programmes and champion youth culture through a London-wide radio station, REPRESENT 107.3FM.

Since 2017, REPRESENT has delivered Mental Health education and support to schools across Essex and London. On The Level is presented by young people who have trained with REPRESENT.

We will be showing On The Level on Thursday 24th March.

We hope that this will be a memorable way to enhance the RSHE curriculum. If you have any concerns around your son/daughter watching this presentation please contact their Head of House.

Yours sincerely

Miss Malsom
RSHE Co-ordinator

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