



The Henry Cort Community College

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www.henry-cort.hants.sch.uk

Our ref: EMP/LCD

06 May 2022

Dear Parent / Carer

Health and wellbeing workshop

At Henry Cort we continue to explore great opportunities for our students. Mayflower Mast Studios in partnership with Solent Mind are coming into college to present students with an interactive piece of theatre and workshop time which aims to promote awareness on Mental Health and how to support young people.

The play will address:

- Anxiety Management
- Coping techniques
- Positive mindsets and promoting self esteem
- Neuroscience and Mental Health
- Mindfulness and Wellbeing.

The workshop will include:

- Discussions to address themes in the play
- Practical wellbeing techniques to support prevention
- Signposting to agencies and other services than can offer help and support

We are pleased to say that your child along with many others has been selected to be part of this great opportunity and attend this morning of learning around Mental Health issues for young people.

The performance and workshop will be held in college on **Wednesday 11 May** at 9.30am.

If you do not want your child to attend this opportunity, please let us know so we can offer the place to another student, or if you want to discuss this further then you can call me on the 01329 843127 or email me on emp@henrycort.org.

Yours sincerely

Stella Pratt
Wellbeing Manager / DDSL

PRINCIPAL: Ms C Cabbage BSc (Hons), Dip Ed, MBA, CMgr FCMl

SENIOR LEADERSHIP: Mrs L Turvey LLB (Hons), MA, Mr T Mitchell BSc (Hons), MSc, Mr B Parker BA (Hons), Ms L Ferrier BA (Hons), Miss C Gudgeon BA (Hons) Mrs K Cook BA (Hons), ADSBM

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