

20 February 2024

Dear Parents/Carers,

Y7-13 Thought-Full - Talking to Teens about Mental Health March 2024

Following the successful launch of the Thought-Full mental health programme partnering with WSCC and Sussex University, the Thought-Full team will be running a number of parent/carer sessions on Mental Health and Wellbeing this academic year.

The Thought-Full team will be running a parent/carer session focusing on **Talking to Teens about Mental Health on Tuesday 12 March from 6.00pm - 7.30pm**, in the school hall by Greg Cronie, our Thought-Full school advisory teacher.

This presentation is open to parents/carers of all year groups.

If you missed the Thought-Full launch event, held in early January, there is an online re-run of this launch which you can sign up to attend via the form linked below. The launch offers information about the Thought-Full programme and the benefits it will bring to our community at The Weald.

We are very pleased to be able to offer sessions from the Thought-Full programme to parents/carers and would like as many people as possible to benefit from them. If you are interested in signing up to these sessions, please complete the form via the following link:

[Thought-Full parent sessions sign up form.](#)

We look forward to welcoming you to the Thought-Full sessions.

Yours faithfully,



Mr A Mowforth
Assistant Headteacher



Mrs S Summerfield
(SMHL) & Mercury Head of House