



April 2020

Re: Invitation to journal

Dear Parent/Carer

I hope this letter finds you and your families safe and well. We are all embarking on uncharted territory at this difficult time; as a school we are very aware of the impact that this uncertainty, changes to our lifestyle, and lack of structure can have on us all. We also recognise that the current situation and the demands of trying to 'learn at home' are going to have an impact on mental health for both adults and young people and we are keen to ensure that our students and families prioritise their mental and physical health at this time.

I am writing to invite your son/daughter to take part in a weekly journaling project. Journaling is a great way for young people (and adults too) to express their feelings and thoughts. It is great for mental health and can help to reduce stress and anxiety. It also gives students the chance to be creative.

As the school counsellor, I often only get to interact and support a small minority of students within the school. However, I am always trying to raise awareness of support mechanisms in the community, as well as basic strategies that students can use to help to improve their own mental health and wellbeing. The weekly journal project is one effective method I have used to support students in the past. This is a proven method that can support adults and teenagers to de-stress, be creative and relieve pressure at such a difficult and challenging time, as we are currently facing.

Each Monday, I will be emailing out a different theme to those students who have expressed an interest. It is up to each student how he or she completes his or her journal. They can write, draw or be as creative as they want to be.

The only items needed are a notebook/paper and a pencil/pen. There might be a wish to add colour or stick things in so glue and coloured pens/pencils may be useful but these are not essential.

If this is something your child would be interested in, please email me at: km@brockington.leics.sch.uk

The sessions will start in the next couple of weeks and will run over ten weeks initially. Please do not hesitate to contact me if you have any queries.

Yours sincerely
Mrs K McPherson
School Counsellor

