



Dear Parent/Carer,

Plume - Personal Development Newsletter #8

As we approach the end of the spring term, we hope that this correspondence finds you and your families safe and well and looking forward to a peaceful and restful Easter break. It has been impressive to see how quickly the students settled back into the school environment and managed with the expectations regarding the ongoing Lateral Flow Testing.

With this, our final newsletter of the term, a couple of opportunities which might be of interest to you.

We will as ever endeavour to keep you up-to-date with any further communications that we receive and please do not hesitate to contact us if you have any queries regarding these.

Yours sincerely

Mr J Cooper
Personal Development
Subject Leader

Ms J Everett
Head of Mill Road Campus &
Assistant Vice-Principal

Mr A Stoneman
Assistant Vice Principal &
Fambridge Road Campus Lead





Essex ACTIVate

Active Essex is offering a range of ActivAte clubs over the Easter holidays!

These clubs are completely **free** for young people who are **eligible for benefits based free schools meals** or **working families** who need **additional support**. Clubs will include **fun activities**, including **sports** and **arts & crafts**, for **4 hours a day over 8 days** of the holidays. Plus every child will get a **healthy, tasty lunch!**

Mental Wellbeing Hub

Delivering **supported activities** over **shorter sessions**, in **smaller groups**. Activities will be **sensitive** to the children's needs, focusing on **gentle social transition** and **coping exercises** to help with the move back to community engagement.



SEND Activity Hub

There will be **SEND Hubs** across Essex, delivering **specialist workshops**. These will provide **coaching** and **inclusive physical and enrichment activities** for SEND pupils, to ensure they get the **best** out of their Easter Holidays. Use the link below to book a place.

Local Activity Clubs

Our holiday clubs, run by **locally trusted organisations**, offer a range of **physical and enrichment activities** for children across Essex. Ensuring they have a **fun, memorable and healthy** Easter break.



Essex County Council



ActiveEssex

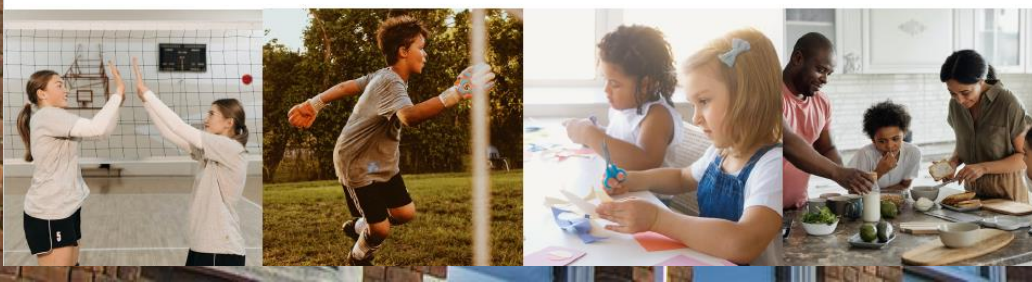


Department for Education

All activities will be delivered within government guidelines, and children will be placed in a 'bubble' for the

If your child is eligible but does not require this additional face to face support, then we are pleased to also be offering **fun virtual activities, activity packs and food support**.

For more information please head to www.activeessex.org/activateeasterbooking





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Spaces available for the following courses:

- ❖ Managing anxiety
- ❖ Managing sleep for wellbeing
- ❖ Introduction to mental health
- ❖ Self-Care for resilience
- ❖ Reducing anxiety and staying healthy
- ❖ Working from home and wellbeing
- ❖ Goal setting for wellbeing

For these and many other upcoming courses please visit:

<https://courses.aclessex.com/AvailableCoursesList.Asp?COL=SessionStartDate&SRT=ASC>





Support for children and teenagers



Free Mental Health Apps for Young People:

There are a range of different free mental health apps available for children and young people to use, here are just some of them.

Blue Ice – This evidence-based app helps young people manage their emotions and reduce the urge to self-harm.

Calm Harm – Reduces urges to self-harm and manage emotions in a more positive way.

Catch It – Learn to manage negative thoughts and look at problems differently.

Chill Panda – Use breathing techniques to help you relax more, worry less and feel better.

Cove – Create music to reflect emotions like joy, sadness and anger to help express how you feel.

distrACT – Quick and discreet access to information and advice about self-harm and suicidal thoughts.

Feeling Good: positive mindset – Use audio tracks to help relax your body and mind and build your confidence.

MeeTwo – A safe and secure forum for teenagers wanting to discuss any issue affecting their live.

My Possible Self: The Mental Health App – Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

SilverCloud – An eight-week course to help you manage stress, anxiety and depression at your own pace.

Sleepio – An online sleep improvement programme, clinically proven to help you fall asleep faster.

WorryTree – Notice, record and manage your worries using cognitive behavioural therapy techniques.

Headspace – Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills.

For further information: <https://www.livewellcampaign.co.uk/livewell-articles/free-mental-health-apps-for-young-people/>