



# Clacton County High School

Walton Road, Clacton-on-Sea, Essex, CO15 6DZ  
Tel: 01255 424266 e-mail: admin@cchs.school

## Higher Expectations, Raising Aspirations

Our reference: STALET14/LH

21<sup>st</sup> May 2021

Dear Parents/Carers,

I am sure that you are aware of rising concerns in the media on the impact of the pandemic 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 online counselling. To do this, we will be using an interactive show called On The Level to equip pupils to manage their mental health and improve their well-being.

On The Level is an interactive online TV show, presented by young people for young people. Pupils interact with the event via our computer rooms and chromebooks. All content and data shared during these sessions is secure and confidential.

To give you a sense of how On The Level works, here is a link to the Pilot video:

[www.youtube.com/watch?v=yPW5jnXev8k](http://www.youtube.com/watch?v=yPW5jnXev8k)

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. On The Level is presented by young people who have trained with REPRESENT.

We will be showing On The Level as follows:

- Monday 24th May Lesson 4 - Year 7
- Thursday 27th May Lesson 1 - Year 9
- Thursday 27th May Lesson 2 - Year 10
- Thursday 27th May Lesson 4 - Year 8

Content covered is as follows:

- What is mental health?
- How the brain works with regard to mental health.
- How do we recognise mental health issues.
- What are some of the positive strategies we can use to support better mental health?
- Utilising digital platforms to help us manage our mental health.

My hope is that children at Clacton County High School will feel more confident about talking openly about mental health issues so that we can make a real difference to the lives of our young people.

I look forwards to what should be an informative and positive session and thank you in advance for your support.

Yours sincerely

Sandy Tate  
Deputy Headteacher