



9th October 2024

Year 7 Healthy Child Programme, 2024/2025

Dear Parent / Carer,

As part of Starting Well's commission to deliver the Healthy Child Programme, Blacon High School has been offered an enhanced school nurse drop-in for our new Year 7 students. The purpose of the offer is to improve outcomes for children through increasing support for children transitioning from primary school to secondary school, utilising opportunities to support their wellbeing and resilience.

They will deliver a weekly session that students can access via appointment or drop-in for a chat over break and lunch. These sessions will run as a programme with themes based upon practitioner experience, and we would welcome any suggestions for topics from school staff and students. Current themes have been planned as follows:

- Come and meet us – find out how we can support you with any worries about settling in, getting organised and finding your way.
- Friendship troubles – talk about ways to build confidence for making new friends and getting along with your classmates.
- Feelings and moods – explore your feelings and any worries about your mental health.
- Growing up fast or slow – ask any questions about growing up, body changes and your physical health.
- Peer pressure – Come and chat about making positive choices that might affect your health and wellbeing, such as vaping or smoking.

The NHS have created a video to promote the new offer, and give parents / carers and students an insight in to the service. This can be accessed by using the QR code at the bottom of this letter.

Students can request appointments by contacting their form tutor, who will book them in for an appointment. Alternatively, they can speak to myself or Miss Staff, Mentor.

We are running this as an 'opt out' initiative, so if you do not want your child to access the service, please let us know. Alternatively, if you would like us to encourage your child to make an appointment, please get in touch and we will arrange this for you.

Yours sincerely,

Miss. M Garner

Year 7 Progress Leader

