



Dear Parents and Carers,

We would like to invite you to be part of our 'Self Esteem' Week at NUSA.

When: **Thursday 26th March 2015**

Where: **School Restaurant**

When: **2-3pm**

We would like to invite you into school for Coffee and Cake and an opportunity to look at the support that is available to our students at NUSA.

There will be a number of our support agencies available such as CAMHS, KOOTH, School Nursing Service, Young Carers, Harmless, Lifeline Journey, Explore Families.

These organisations work with young people who need counselling at points in their school life, who may be struggling with self-harm or issues around drugs, caring for an adult, struggling with mental health issues or in need of advice and support around sexual health and relationships as well as much more.

During the week Post 16 students will be delivering assemblies on 'Self Esteem' and what it means to value yourself.

Bringing up a teenager has its own rewards and challenges. We would like to welcome you to this event. It is hoped that it will provide you with valuable information and contacts should you need them at some point in the future.

Maria Whiteley

Senior Leader Pastoral Care (Designated Safeguarding Person)