

Ref: ABA/lt

22 November 2018

Dear Parents/Carers

I am writing to inform you of an exciting event we will be hosting at the school, for all Year 10 students, on **Tuesday 27 November 2018**.

As a school we are focused on promoting wellbeing amongst our students, and creating a school environment that understands and cares for each individual. An important part of this is helping students to become more aware of their own mental health, and how to improve it.

To help us to deliver this we have partnered with NHS Essex and 'Reprezent', a youth engagement service and radio station based in London. Together they have developed a unique live event aimed at improving the mental health of young people in Essex, by building their emotional resilience so they can lead healthier, happier lives.

At the beginning of the year Reprezent were recognised for their longstanding work with young people and mental health with a visit from HRH Prince Harry and Meghan Markle; and to date, they have run their events in numerous schools across Essex.

The show itself is a 60-minute interactive assembly, in the style of a live TV show based around the theme of 'stress'. Other schools in Southend, including Cecil Jones Academy, will also be participating in the event. It will be a fun and informative show, with students encouraged to take part in activities and exercises exploring issues related to stress, as well as offering solutions and tools to help them better manage themselves when they feel stressed.

To facilitate active participation and engagement from our students, we will be allowing and encouraging students to use their own phones / mobiles devices to participate in interactive activities. They will also have the opportunity to download approved, specialist apps and access digital services that can help them more effectively manage issues related to stress and mental health.

In order for students to gain the maximum benefit from this event we request that you ask your son/daughter to:

- 1) Download the digital mental health app **MeeTwo** to their mobile devices ahead of the session (further info on attached sheet)
- 2) Bring their mobile / tablet to the session on **Tuesday 27 November 2018**

Students who do not have smartphones or tablets will still be able to participate and benefit from the event.

Please complete the attached reply slip to indicate your permission.

Yours faithfully



Mrs A Bale

**Deputy Headteacher**

**Reprezent Live Event: Tuesday 27 November 2018**

**Please complete and return the reply slip to the Main Office as soon as possible.**

As part of the 'broadcast' style of the show and in order to create a case study film of the event for inter-school promotional use, the assembly will be filmed and recorded.

Please indicate your wishes below.

**I understand that the event will be filmed and that the recording will be used for promotional purposes in other schools.**

I am happy for my child to participate and to be filmed

I do **not** wish my child to participate or to be filmed

Student name: \_\_\_\_\_ Form: \_\_\_\_\_  
[Please print]

Parent/carer name: \_\_\_\_\_  
[Please print]

Parent/carer signature: \_\_\_\_\_ Date: \_\_\_\_\_



*“MeeTwo is an innovative, award-winning app which provides fully moderated, scalable support to reduce teenage anxiety and improve wellbeing.”*

**Please download the app MeeTwo  
BEFORE  
Tuesday 27 November 2018**

**To Download:**

- **Go to: [www.meetwo.co.uk](http://www.meetwo.co.uk)**
- **Click on one of the following icons to download**

