



Our wellbeing newsletters aim to keep parents and carers informed of the most relevant and up to date news, guidance, advice and services that can support our young people and those who care for them...

In this edition of our MHW newsletter we want to signpost our local community partners who offer a range of support and guidance to families who may be in need. Many families are facing increasing economic and financial challenges and this can take its toll on personal wellbeing. These services are brought together as part of Calderdale Healthy Futures.

## Calderdale eHNA 2024 Spine charts and trend report

We are pleased to share the positive findings from this year's Health Needs Assessment survey that was carried out by our Year 7, 10 and 12 students. Our students report that;

- They have the strongest feelings of safety at school than in any other school in Calderdale
- Student self-esteem is the highest than in any other school in Calderdale

Our students also reported very positive levels of life satisfaction, happiness and enjoyment at school.

Whilst these results are reassuring for us as a school community, we also know that identified students are in need of emotional support and we continue to strive to ensure that their needs are met through our pastoral and wellbeing provision.



The **Calderdale Cost of Living fund** is supported by funding from Calderdale Council, the Community Foundation for Calderdale and the Mayor's Cost of Living Emergency Fund. This community network can offer valuable advice and signposting to wider support groups. [Major new fund provides cost of living support | News Centre - Official news site of Calderdale Council](#)

### Worrying About Money?

Follow these steps to find available financial advice and support in Calderdale

Partners in Calderdale have worked together to create an easily accessible support system for families finding it hard to make ends meet. Use the link below or scan the QR code for an extensive range of community agencies ready to help. [Help and support with money | Calderdale Council](#)



For parents and families in **Kirklees** who are seeking timely support for their child's wellbeing, **Kirklees Keep in Mind** is a really good source of information.

[Kirklees Keep in Mind - Helping young people improve their mental health \(kirklees-keep-in-mind.nhs.uk\)](#)

**Zarach** is a local charity that works to support families who may have inadequate sleep spaces at home. Bed poverty exists when a family doesn't have the sleeping arrangements they need for their children due to a lack of financial resources. For children in this situation, it has a significant impact on their education. If you are concerned that a child does not have the sleep space they need, you can contact a member of our Pastoral Team and together we can make a referral.

<https://zarach.org/>



**Vita Health Group** offer a range of adult mental health support pathways for those (18+) who may be struggling to cope. <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/calderdale/>



Are you looking for activities for your child to do during the holidays? Take a look at these free opportunities from TimeOut

### [Time Out Holiday Activities Summer 2024](#)

[Time Out Holiday Activities Summer 2024 | Eventbrite](#)