



# Cardinal Langley RC High School

*'An Outstanding Catholic School'* S48, March 2017

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Monday 14<sup>th</sup> March 2022

Dear Parent / Carer

The pandemic has impacted on the wellbeing of everyone in the community, particularly young people. The recent #BeeWell survey collected the views of 37,713 students across Greater Manchester and indicated that 1 in 6 young people are having mental health difficulties and are likely to need significant support.

Cardinal Langley has been nominated as the lead school in the borough for Health & Wellbeing and is organising a number of initiatives to support young people with their wellbeing. The most successful way of addressing the issue is for school and home to work together and so we will be hosting a practical workshop for parents / carers around young people's mental health & wellbeing and how you can support this at home. The session will be delivered by #Thrive at **6.00pm on Wednesday 23<sup>rd</sup> March** in the school hall. This session is open to parents of young people in any year group.

If you would like to attend, please register using the link below:

[Mental Health & Wellbeing Workshop](#)

We are aware that young people's health and wellbeing are influenced by multiple drivers, including their routines, hobbies and entertainment, relationships, school, environment and society, and how they feel about their future. This workshop will give practical tips on how you can support your child and I would strongly encourage you to attend.

Yours faithfully

**Mr A Bridson**  
Headteacher

If the link above doesn't work on your device, please copy and paste the link here you're your browser  
[https://forms.office.com/Pages/ResponsePage.aspx?id=m7p0VxOQ3EudHpvME56RnqnGzNxWONZFhJjX5\\_fD4OZUOVpBQzNMWDRYM04wTUY1SENBWE4yNkE1OC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=m7p0VxOQ3EudHpvME56RnqnGzNxWONZFhJjX5_fD4OZUOVpBQzNMWDRYM04wTUY1SENBWE4yNkE1OC4u)

