



Atlantic Academy Portland

an Aspirations Academy

Miss Heppell - Principal of Primary
Mrs Bishop - Principal of Secondary

Maritime House
Southwell Business Park
Portland, Dorset. DT5 2NA

Tel: 01305 820262
Email: Office@atlantic-aspirations.org

www.atlantic-aspirations.org

2nd February 2023









Dear Parent / Carer

Children's Wellbeing, Mental Health and esaftey week 6th- 12th February

This year's Children's Mental Health week is taking place on 6-12th February. The theme for this year is Let's Connect, with many agencies encouraging children and adults to consider how we can make meaningful connections that support our mental health. People thrive in communities, and this connection is vital for wellbeing.

[Place2be \(child mental health experts\)](#) have launched a parent specific page on their website with some fantastic short videos/ reads to support our communities. With over 40 topics related to everyday situations. Please take a look. If you do find it useful, and you are happy to share your story, please do email me directly at board@atlantic-aspirations.org. We will be using resources through the morning tutorial programme to support in building connections.

Furthermore, please see below key support agencies that support in ensuring all individuals can access help, support and education regarding mental health.

	<p>Kooth- online counselling and emotional wellbeing platform for children and young people offers an online live chat option.</p>		<p>Mental Health Foundation- Has some fantastic resources on working from home (for you as parents1) as well as resources on anything Mental Health related</p>
	<p>Dorset Mind Your Head - Support includes counselling, drop - ins and mentoring.</p>		<p>Chat Health- Dorset confidential text messaging service that enables children and young people (aged 11-19) Text: 07480635511</p>
	<p>NHS Support (For NHS workers) Call 0300 131 7000 (7am-11pm 7 days a week) 24 Hour Mental health helpline- 08001830558 (for everyone)</p>		<p>Headspace- Mindfulness app White Noise Lite- Helps sleep by blocking distractions and relaxes and reduces stress Sleep Cycle- Analysis sleep patterns</p>
	<p>Shout- The UKs first free, confidential 24/7 text support service. Text SHOUT to 85258.</p>		<p>Switchboard- One stop listening service for LGBT+ people on the phone, by email and messaging.</p>

Alongside Mental Health Week, we will be taking part in UK Safer Internet Day 2023 on Tuesday 7th February. Safer



Atlantic Academy Portland

an Aspirations Academy

Miss Heppell - Principal of Primary
Mrs Bishop - Principal of Secondary

Maritime House
Southwell Business Park
Portland, Dorset. DT5 2NA

Tel: 01305 820262
Email: Office@atlantic-aspirations.org

www.atlantic-aspirations.org

Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote in school, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We will be using the morning tutorial programmes to run a series of activities, as well as lessons throughout the day.

We would be delighted if you could support us by continuing the conversations we are having at school, at home. To help you with this you may be interested in downloading the free Safer Internet Day resource pack for parents and carers which is available here: saferinternet.org.uk/sid-parents.

There are also top tips, a quiz and [films](#) which you can use at home with your child. Some other resources which you may find helpful in supporting your child online are:

- Advice for parents and carers from [Childnet](#)
- Tips, advice and guides for parents and carers from the UK Safer Internet Centre
- Guides on popular apps and games from [NetAware](#)
- Reviews and information about games, apps, TV shows and websites from Common Sense Media
- Help on using parental controls and privacy settings from [Internet Matters](#)
- Information and reporting of online grooming or abuse from [CEOP](#)

Please remember our [website](#) in which you will be able to find links and further online safety information and support.

Online safety is an important issue which as a school we're committed to teaching our students about. If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's Pastoral Lead.

Yours faithfully

Ms T Board
Assistant Principal