



# Castledon School

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Dear Parents/Carers,

This week at Castledon we are taking part in Mental Health Awareness Week. The focus for this year is anxiety, and across the academy, there will be a variety of activities looking at what anxiety is, how it affects us and how we can deal with it.

There are two good sources of information for parents and carers that are useful if you are supporting children and young people with anxiety, or to help with conversations at home if your child would like to talk about what they have been learning this week.

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)  
[Place2Be: Parenting Smart: My child is anxious](#)

We would also like to take this opportunity to invite you to our **parent's event** being held at Poppies Cafe next **Monday 22nd May**. This is a relaxed opportunity to enjoy a hot drink and talk to staff about our relationships, sex and health education at Castledon School. It is aimed at pupils from KS3 upwards - but everyone is welcome.

We will be focusing on issues around puberty, menstruation, looking at various period products, personal hygiene, contraception and accessing sexual health advice in the community. We are open to any questions you may have about supporting your young person with physical or mental health, and our FIT team staff will be on hand to offer guidance too.

We will also look at health and wellbeing services for SEND families in Essex. We have a variety of guests attending to show support that is available locally.

Please feel free to drop in at any time between 11 am and 6 pm, we would love to see you. We have plenty of parking available, and the Downtowner is within walking distance of the town if you are travelling by public transport.

Kind regards,

**Taylor Johnson and Jess Mills**  
**RSHE Lead Teachers**