



6<sup>th</sup> May 2025

Dear Parent/Carer,

## Supporting Your Child's Emotional Health and Wellbeing

We understand that adolescence can be a challenging time, and as a school we are committed to supporting the emotional health and wellbeing of all our students. We know that, as parents and carers, you play a vital role in this too.

Within school, your child has access to a strong pastoral support system, including their Head of Year and Deputy Head of Year, who are available to provide help and guidance with any emotional or wellbeing concerns.

### Reminder of our Pastoral support team:

- Year 7 – Head of Year: Mr Stevenson | Deputy: Mrs Vernon
- Year 8 – Head of Year: Mr Bembridge | Deputy: Miss Forman
- Year 9 – Head of Year: Mr Flynn | Deputy: Mrs Johnson
- Year 10 – Head of Year: Miss Wilband | Deputy: Mr O'Keefe
- Year 11 – Head of Year: Mr Hamer | Deputy: Miss Ratcliffe

While we always encourage students to speak to someone in school if they require support, we also know that some families may want to explore support options at home. A particularly helpful and trusted resource is the Derby and Derbyshire Emotional Health and Wellbeing Website:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/child-young-person/emotional-wellbeing-support>

This website offers practical advice, self-help tools, and guidance on a wide range of topics including anxiety, low mood, friendships, and more. It's designed to support young people but is also a great resource for parents and carers, helping you better understand what your child may be experiencing and how to support them, or where to go for further help locally.

We encourage you to explore the site and consider discussing some of the information with your child—it's a great way to start positive and open conversations about emotional wellbeing. Remember we are here to help and support, please do get in touch if you have any concerns or need further support.

#TeamQEGS

Yours faithfully,

Katie Starkie