



Parent/Carer E-Bulletin

W/C Monday 2nd October 2023

Assembly Topic

The theme for this week's assembly is World Mental Health Day. We want to raise awareness of mental health issues around the world and generate an opportunity for our students to discuss mental health.

Mental Health Information for Young People Aged 11-18 and Parents/Carers

Visit the Mind website for a range of resources for students and parents/carers.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

The following websites also provide advice to young people and offer a range of resources to help support them with their mental health.

<https://www.childline.org.uk>

<https://www.papyrus-uk.org/>

<https://www.youngwrexham.co.uk>

<https://www.samaritans.org/>

50 Day Wellbeing Challenge

Keeping on top of mental and physical wellbeing is critical for teenagers to do well. Why not set them our 50-day, Wellbeing Challenge, by following the attached guide. There is an activity each day to get them thinking about good lifestyle habits, such as making an active decision to smile more, mini energizing workout or doing something nice for someone else.

Parent Talk Cymru

Parent Talk Wales is a free and confidential service for parents of 0-19 years old in Wales. You can get support with anything that is worrying you about parenting or your child. Visit:

<https://parents.actionforchildren.org.uk/>

Attendance

If you have an attendance issue, or are reporting an absence, please use the following methods: **Email: Attendance@rhosnesni-high.wrexham.sch.uk** or **telephone: 01978 340947**. Please remember that a reason for absence must be provided for each day of a student's absence.

Choose your Future event for pupils in Years 9, 10 and 11.

Careers Wales would like to invite parents and carers from Flintshire and Wrexham to accompany their child to the Choose your Future event held at The Ramada Plaza Hotel in Wrexham.

Date: 11th October 2023

Location: Ramada Plaza Hotel, Ellice Way, Wrexham LL13 7YH

Time: between 3.30pm and 6:30pm

What can pupils, parents and carers expect?

The Choose Your Future event will showcase a selection of local employers where pupils will get the opportunity to hear from and speak to industry experts from across the region.

For further information please see the attached flyers or contact Mrs Angela Taylor on 01978 340840

Year 11 Mock Exams

We are hoping to hold Mock Examinations for our Year 11 students from Tuesday 7th November. All Year 11 students will be issued with a mock exam timetable in due course. Further details will follow.

Contacting School

Telephone: 01978 340840

Email: Mailbox@rhosnesni-high.wrexham.sch.uk

Diolch yn fawr,
Team Rhosnesni.