

Gartree High School

Ridgeway, Oadby, Leicester, LE2 5TQ



9th February 2018

Dear parents and carers,

It is a great relief to many that mental health is discussed more openly than it used to be. This has been helped by those in the public eye, such as Prince Harry talking about their need for help and support at times in their life when life has got "too much."

Good physical and mental health is needed if a young person is to thrive - but some young people find it difficult to feel positively about themselves and may need some extra support to help them find their way.

This week is Child Mental Health Week, which was launched by Kate Middleton on Monday. It is a mental health campaign focussed on "being ourselves."

<https://twitter.com/KensingtonRoyal/status/960444379499585536>

The centre for child mental Health supports professional and parents with the tools, techniques and research to support young people. The blog: *What can adults do to improve self-esteem in themselves and in children?* may be of interest to you:

<https://www.childrensmentalhealthweek.org.uk/news/blog-what-can-adults-do-to-improve-self-esteem-in-themselves-and-in-children/>

Young people change a lot between 11 and 16 as they learn more about themselves and the world surrounding them. Some face tougher challenges than others, some have better coping strategies than others. Both school and home play a vital part in ensuring that young people do not shut down their emotions. In school there is always someone to listen – your child's tutor, the pastoral team, our school counsellor and the school nurse.

This week we had an excellent first orchestra rehearsal and Mr Carter and the Orchestra are very much looking forward to inviting parents to watch our first performance after half-term. Rehearsals are Wednesdays 3pm - 4pm and other orchestral players are welcome.

On Monday the Year 7 continued their winning start to the football league with a comprehensive 2-0 win against South Wigston High School. This was a fantastic result in pretty brutal conditions!

Sadly, the really impressive runs of the Y7 girls and Y8 boys' basketball teams, in the county cup, came to an end at the quarter-final stage. The girls lost a really competitive game against a well-drilled Rawlins Academy team. The boys were really unlucky losing by one basket in the final play of the game! They'll, no doubt, be back with bang next season.

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Wednesday saw Gartree host the Year 5 and 6 Oadby Primary Schools Basketball Tournament. Gartree PE staff and Year 9 Sports Leaders really enjoyed officiating the event. There were 10 teams competing for the crown - well done to the overall winners from Brocks Hill.

Also on Wednesday, the Year 8/9 girls football team took the long trip to Lutterworth College. In a hard fought match, they eventually lost 2-1.

Tickets for the school production 'High School Musical' will be available to purchase from the school reception from Monday 19th February. £4 for adults, £2 for children. Show night is Thursday March 15th.

School closes today for the spring half term, I look forward to seeing parents of Year 8 students on Wednesday 28th February or Thursday 1st March for parents evening.

Enjoy half term.

Yours sincerely,



Sonia Singleton
Headteacher

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