

# Glenlola Collegiate School

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Headmaster: W E Thompson BSc MSc MEd PGCE PQH(NI)



Dear Parent/ Guardian,

As pupils study for GCSEs, they face increasing pressure both inside and outside of School. As a result, we want to equip them with an understanding of ways they can protect their mental health. Therefore, on 14<sup>th</sup> December, pupils in Year 12 will participate in an interactive presentation from *Made for More*. This will allow pupils to investigate –

- What mental health is and how it affects their overall health and well-being.
- Possible causes of stress, anxiety and depression.
- How to cope with mental illness and help others.
- The impact of drugs and alcohol on a person's mental health.

We are glad to be able to offer this presentation to our pupils during this academic year. If you require any additional information, please feel free to contact me at school.

Thank you for your ongoing partnership with the School as we continue to support our young people's health and well-being.

Yours sincerely,

Mrs O. Glasgow  
(LLW Co-ordinator)

Mrs H. Law  
(Head of Pastoral Care)

