



27th January 2022

Dear Parent/ Guardian,

It is very important to us that we support the wider development of our pupils, so I am excited to inform you that, as part of our commitment to supporting the Mental Wellbeing and Resilience of our pupils at CMS, we are giving them access to an online wellbeing package called MindSafe.

We are aware of how much students use computers and all the different facilities that they provide, including internet access and different online packages. MindSafe offers a secure and private online space for children to express their emotions and experiences and do regular mental well-being check-ins. Pupils can complete an online 'Mood Diary', helping them to think about how they are feeling and why they are feeling that way. This is entirely personal to the pupil and no-one else will have access to it. The only exception is that certain key words will flag up as possible areas of concern, a precaution which every parent, carer or teacher can see the importance of.

Mindsafe also encourages any child who would like more support to reach out to a 'chosen adult': we have allocated the school wellbeing team of Mrs Deas and Mrs Austin for pupils who use this function. When pupils click the "Talk" button, an email will be sent to their chosen adult with the information that the child wishes to share and will ask them to make time to speak about it with the child who trusts them.

Please remember that Mindsafe is not monitored and **no-one other than your child will have access to their account**. The only person information will ever be shared with is their chosen adult and this would be at your child's request. It cannot be shared with friends.

Since January, Childline reports it has had an increasing number of calls from children who are worried about Covid-19. Children are particularly susceptible to concern because they are still-developing emotional skills in dealing with constant news about the virus and the disruption to their daily routines and lives. This can further create feelings of isolation, negativity and loss of control. We believe that Mindsafe will give pupils the forum to process their feelings and seek support in an easy, safe way.

There is more information available at www.mind-safe.com or you can see a brief explainer at <https://www.youtube.com/watch?v=eJaYa3mnyFM&t=12s>

Thank you for your continued support and should you have any queries, please do not hesitate to contact me at st@codsall-middle.staffs.sch.uk to discuss.

Yours Sincerely

S. Deas

KS2 Leader of Achievement

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