



Ambition · Courage · Excellence

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10 May 2024

Dear Parents & Carers,

### Mental Health First Aiders

On Friday 3rd May a group of Oakmoor students undertook training to be the very first group of Oakmoor Mental Health First Aiders. Each student was nominated for their sensitivity and community spirit to take part in the course for which they must be commended.

The course leader was hugely impressed with how young the cohort were to be undertaking a Level 2 qualification and how they have done the course in just one day. Most students only do Level 1, so the cohort is already ahead of the game!

As we are all aware, mental health concerns are prevalent and the student first aiders will be helping to support both themselves and those around them.

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help. Learners **will not** diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

### Year 11

This week has been a big week for Year 11 as they have started their formal examinations. Their conduct during this week has been excellent, and we wish them all the best in the weeks to come.

### Enrichment week

If you haven't already done so please do fill in the relevant form for your child below to help support our first ever enrichment week.

Year 7 - <https://forms.office.com/e/KYq23NgnHb>

Year 9 - <https://forms.office.com/e/zwsFmi1LjY>

Year 10 - <https://forms.office.com/e/pNGSPsVqJY>

### Dates for your diary

Just a reminder of key events coming up.

Date	Event
Friday 24 May	Finish for the May Half term at 2:45pm
Monday 3 June	Students return for half term 6

Yours faithfully,

Mr Nigel Wright  
Headteacher