



MELBOURN
VILLAGE COLLEGE
EVERYBODY IS SOMEBODY

An Academy of



The Moor, Melbourn, Royston, Herts SG8 6EF
(01763) 223400

office@melbournvc.org
www.melbournvc.org

Principal. Simon Holmes

16th October 2018

Dear Parents/Carers

As part of Cambridge United Community Trust's desire to become a 'Mentally Healthy' Football Club, we have been offered the opportunity for our Year 8 students to complete a programme of 6 lessons focusing on mental health during the second half of the Autumn Term. During these sessions, which will be conducted during their scheduled RE lessons, students will be able to take part in targeted lessons covering various areas of mental health including wellbeing, social media and coping with stress. This is aimed to help improve resilience and to broaden their understanding of the importance of good mental health, as well as enhancing their ability to identify the negative effects of social media, as well as how to keep themselves safe online.

The 'Mind Your Head' programme is a continuation of Cambridge United's successful school based project that was piloted last year and funded by donations from the MindEd Trust and private individuals. In the recent report evaluating the effectiveness of the programme by Leeds Beckett University's Carnegie School of Education, it was concluded that "overall, Mind Your Head is clearly valued by pupils and schools and delivers measurable, statistically significant improvements in Mental Health Literacy across all genders and ethnicities."

We believe that this will be a beneficial series of lessons for our students and look forward to taking part in this programme.

With thanks

Marta Gunner
Head of Humanities





MELBOURN VILLAGE COLLEGE

EVERYBODY IS SOMEBODY

An Academy of



The Moor, Melbourn, Royston, Herts SG8 6EF
(01763) 223400

office@melbournvc.org
www.melbournvc.org

Principal. Simon Holmes

