



The Astley Cooper School

Part of the East Dacorum Co-operative Learning Trust

13 November 2020

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Dear Parents and Carers,

Headteacher: Edward Gaynor

We would like to draw your attention to the Just Talk campaign, with the Just Talk week taking place between Monday 16 and Sunday 22 November. During this pandemic, it is vitally important that we continue to keep wellbeing high on our priorities.

Please do see the resources below, which are helpful to both young people and adults to support wellbeing. We have also included the five ways to wellbeing link for you to access.

The five ways to wellbeing are drawn up using research from around the world, which tells us there are five things we should do more to boost our wellbeing and mood. This is something that we are encouraging our staff and students to do whenever possible. These are simple yet effective methods we can all use.

Just Talk Week 2020 – free webinars

Just Talk Week 2020 is next week: Monday 16 - Sunday 22 November.

There is a range of FREE webinars for you to access, with topics including:

- Teenagers and sleep (for professionals, parents / carers and young people)
- Anxiety and developing resilience (for parents / carers)
- Emotional wellbeing and coping strategies (for young people)

You can sign up to webinars here: www.justtalkherts.org/justtalkweek five ways to wellbeing e-learning for primary and secondary school aged children which can also be found here - www.justtalkherts.org/justtalkweek

Yours faithfully

Mr B Daddow
Senior Assistant Headteacher
Astley Cooper School

