

Dear Families,

You may remember that back in the summer term, 2023 I wrote to you to share some exciting news regarding our new partnership with mental health charity, Normal Magic, with the aim to promote mentally healthy living and improve the mental health offer for young people within our communities. Normal Magic deliver 0–18-year-old child and young person, early intervention, mental health care at our local GP surgeries.

Our journey started in April 2024 when we hosted our initial introduction event. The event allowed us to invite parents, professionals, and members of our community to discuss and collaborate on improving the mental health of our young people. The feedback and survey results from yourselves supported and aided us in identifying what our young people and community need.

Following our collaborative response we have now trained up over 40 Mental Health Ambassadors with the support of Normal Magic and we are now excited to launch the next phase of our mental health strategy. **Parent and carer workshops** run by experts and professionals from Normal Magic to improve young people's mental health and support parents, friends and families in promoting and supporting mental health in children and young adults.

**All our workshops are free** and are open to members of our community, families from other schools and anyone who may be interested in working with likeminded professionals.

Details of our first round of workshops can be found below. To book onto any of our courses please follow the link [www.ticketsource.co.uk/tavistock-college24](http://www.ticketsource.co.uk/tavistock-college24)

**Normal Magic mentally healthy living, loving and learning: part 1 - Wednesday 25th September - 5.30-6.30.**

**Normal Magic mentally healthy living, loving and learning: part 2 - Wednesday 2nd October - 5.30-6.30.**

This is a two-part workshop that spans 2 consecutive weeks. Both part 1 and part 2 will need to be attended to fully benefit from the workshop content.

This 2-part workshop explores the simplicity, and complexity, of mental health.

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**Supporting my young person through exams - Wednesday November 20th - 5.30-6.30.**

GCSE exams come with a variety of pressures, stresses and strains for students. This workshop explores how parents and carers can support their young person through the preparation of exams, including expectations, revision, getting organised and managing internal and external pressures.

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**Stabilising and Recovering from Anxious Times - Wednesday November 13th - 5.30-6.30pm.**

Throughout our life we are likely to experience situations that create anxiety. Whilst this is a natural human emotion, anxiety can often linger and become an emotional response to everyday living. This workshop explores Anxiety in its many forms and aims to increase parent and carer knowledge on Anxiety and explores supportive strategies to reduce spiralling anxiety and build resilience.

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**Navigating Friendships- Wednesday November 27th - 5.30-5.30pm.**

Enjoying stable friendships is a wonderful part of living, loving and learning. Across the ages we are likely to experience changes in friendships that can often bring turbulence to the way we feel about ourselves and others. Through teenage years there comes a natural growth of contact with new peers and is an important part of natural development from child to adult, where peers seem to hold more influence than our own families as we create our own herd

outside of family life. This workshop explores how parents and carers can support their young person as they establish their growing social identity and social confidence, amidst the beauty and knock backs social life can bring.

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We aim to provide more workshops in the New Year throughout January, February and March. Based on the current requests through a survey, this is likely to be:

- Living Life to the Full.
- Easing transition from child to young person to independent young adult.
- Repairing Relationship, Forgiveness and Acceptance.
- Communicating and listening.
- Improving School Attendance.
- Helping my Young Person Interpret the World.
- Improving School Attendance.

We sincerely hope that you can join us. Should you have any questions or require further information, please do not hesitate to contact us.

Warm regards,

Jack Brokenshire

Assistant Principal  
Tavistock College

Sarah Lewis

Chief Executive Officer  
Normal Magic