



# SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

BUCKINGHAM ROAD  
WINSLOW  
MK18 3GH  
(01296) 711853

WEB: [WWW.SIRTHOMASFREMANLE.ORG](http://WWW.SIRTHOMASFREMANLE.ORG)

4<sup>th</sup> June 2019

Dear Parents/Carers,

The well-being of our pupils and staff is at the heart of what we do here at STFS. In order for our pupils to learn, thrive and reach their true potential, positive well-being is a key element; its importance not to be underestimated. We are continually looking at developing strategies and interventions to improve upon and expand the pastoral care we offer to our young people. This includes developing a whole school approach to well-being and mental health. We actively and openly encourage everyone to discuss their own mental health, being something that we all have, yet varying from day to day on a continuum, just as with our physical health. We aim to help break down the stigma that has traditionally surrounded mental health issues and ensure it is not a taboo subject.

We are extremely proud to have been selected as one of just forty schools across Bucks to participate in the Government's 'Trailblazer' project, introducing positive mental health strategies in to schools. A key element of this project is the introduction of Education Mental Health Support Teams, clinically supervised and monitored by CAMHS (Child and Adolescent Mental Health Services). They are made up of a range of professionals, including Mental Health Practitioners delivering CBT (cognitive behavioural therapy) interventions, Family Resilience Workers, Youth Workers and Peer Support. These professionals will be available to come in to school and deliver evidence based interventions for identified individuals who it is felt would benefit from them. This will run alongside other existing well-being and pastoral interventions we offer in school.

For such interventions to be successfully delivered and facilitated in the most suitable and conducive environment, it is our aim to raise sufficient funds to build a dedicated well-being room, separate to the main school building. This will be able to offer the necessary calm, quiet and informal facilities for such interventions; something that is currently very difficult to secure in a busy school. We strongly believe that such a facility will provide an extremely positive experience to both our pupils and staff, illustrating our commitment to improving the well-being of all.

In order to raise sufficient funds to secure this project, we are appealing to you to offer your support, in any way you can. To date we have raised approximately a third of the estimated build cost, however we really need your support and drive to help us raise further funds. I urge you to contact us with your expression of interest in supporting us. The more supporters we have, it will enable us to really make our fundraising ideas come to life and achieve our ultimate aim. Please contact me via email [julie.smith@sirthomasfremantle.org](mailto:julie.smith@sirthomasfremantle.org) or telephone the school directly.

Alternatively, if you work for a company or indeed run your own business, and feel that you are able to support us financially through a donation, we would be very happy to hear from you. All sponsors



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and donors to our project will be acknowledged and widely advertised by the school in relation to the support offered.

We very much look forward to hearing from you.

Yours sincerely,



Julie Smith  
Specialist Support Assistant – Medical & Well-being

