



Friday 4th October 2024

Dear Parents/Carers,

I hope that you have had a good week.

I am writing with my usual weekly letter of news and information. I can be contacted at exehead@aspire-kent.org.uk between 8am - 5pm Monday to Friday for queries and questions. Also Lauren my PA can be contacted at lriby@aspire-kent.org.uk. Any requests for meetings or appointments can be made through Lauren - thank you.

Online Safety Meeting Reminder-

Please be reminded of the Online Safety meetings taking place in October. There are two opportunities for you to attend the presentation.

Both information sessions will take place on **Wednesday 16th October 2024**. The first option will take place between **2-3pm and can be joined virtually** using the following link:

<https://meet.google.com/svr-phav-uvc?hs=122&authuser=0>

Alternatively you can attend your child's school for 2pm, where the presentation will be streamed. Staff will also be present if you have any questions.

For working parents the presentation will be repeated at **6pm on Wednesday 16th October 2024**. This will be a virtual opportunity to join the presentation. You can join using the following link:

<https://meet.google.com/afg-wtce-mow?hs=122&authuser=0>

The presentation will be led by Mrs Steer, Head of Leeds and Broomfield who leads on online safety for Aspire. Miss Hickling will also be in attendance.

Carolathon-

We will once again be joining with the other schools in Aspire to take part in Demelza House's Carolathon this year. This will take place on on Friday 29th November, in Fremlin Walk.

Currently our time-slot has not yet been confirmed, but we are hoping to get an afternoon slot so that our arrangements can be similar to last year.

Permission letters will be sent out with the exact details once we know what time-slot we have been allocated.

World Mental Health Day-

This year's World Mental Health Day will be celebrated on **Thursday 10th October 2024**. The theme for this year's theme is about Prioritising Mental Health in the workplace.

This day is a chance for everyone to unite across the globe to educate and raise awareness that mental health matters. It encourages everyone to look after their own mental health and those of others through greater understanding and empathy.



We know we have many working parents and carers across ASPIRE, so we wanted to share some important links below, from supporting your own mental health to ways of supporting a colleague:

Your mental health in the workplace and ways to support it-

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work#paragraph-5315>

Ways to support a colleague

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work#paragraph-53211>

Becoming a Governor-

I have re-attached the documents detailing information about the role of a Governor and how to apply should you be interested.

If you have any further questions, do not hesitate to contact Sam or Lauren via-
office@plattsheathkentsch.co.uk

Wishing you all a wonderful weekend.

Kind regards,

Emma Hickling
Executive Headteacher

