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Head of School: Mrs S Jenner
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Roding Valley
HIGH SCHOOL

October 2017

Dear Parent / Guardian

At Roding Valley High School, as you know, we are always looking for opportunities to provide our students with enrichment activities that go beyond the normal timetabled lessons and extra-curricular activities. On Thursday 9th November 2017 we are collapsing the timetable for all year groups for either an hour or half an hour period, to enable them to take part in a workshop about mental health called MiLife. For both Year 7 and the sixth form this will be an introductory workshop lasting an hour and for the other year groups it will be a refresher course as they completed the MiLife workshop last year.

This has been organised by Essex County Council Youth Strategy Groups and their partners, who have jointly commissioned a County wide project for young people. This was originally developed by the Epping Forest District Youth Council.

If for any reason you do not want your son/daughter to take part in this activity with the rest of their year group, then please contact me in school as soon as possible so I can try and make alternative arrangements for their education during that period of time.

Yours faithfully,

Mrs M Cain
Head of SMSC/RE

