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**For your parent apps**

January can be a tough time for families and for our students returning to school with the cold weather and the dark mornings. While we do all we can to bring energy and warmth into the classroom, we thought we'd remind you to check in on your emotional health too. This month we are highlighting Understanding Your Relationships, a course all about understanding what you need and how to get it in your important relationships with some helpful insights to help you take care of yourself and your family.

You can access the course and a wide selection of others, completely for FREE, with access code **HADRIAN**. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk).

**For your social media**

January can be a hard time for parents and families, be sure to check in on your emotional health - may we remind you our school sits in a pre-paid area for Solihull – a digital package for families designed by expert psychologists. Access resources for FREE with access code **HADRIAN**. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk).

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**For your parent apps**

It's children's mental health week! We're doing lots to support our young people in school and we wanted to share some amazing resources developed by NHS psychologists to help your understand your child and their mental health needs. They have short courses and longer ones on understanding your child's feelings, mental health and reading behaviour. Check them out on [www.inourplace.co.uk](http://www.inourplace.co.uk) and don't forget our school sits in a pre-paid area meaning these are completely free for you to access using the code: **HADRIAN**! Help ensure they know ‘my voice matters’.

**For your social media**

#CMHW24 Don't forget our school sits in a pre-paid area for [www.inourplace.co.uk](http://www.inourplace.co.uk), research informed resources by experts in children's emotional wellbeing - check in on your child’s mental health. Use free access code: **HADRIAN**.