



**Morton Academy**

The best in everyone™

Part of United Learning

TR/ MC

10<sup>th</sup> January 2024

Dear Parent/ Carer

**Mental Health Workshop**

I am delighted to inform you that the Academy has arranged, through the Cumberland Council, a Mental and Emotional Health Wellbeing workshop. The workshops will be hosted by Mel Rickerby from Relax Kids. Mel has 14 years of experience and has delivered workshops to numerous schools around Cumbria. The workshops will take place on Thursday, 29<sup>th</sup> February 2024 during lesson 1.

This is the first time the Academy has held these workshops which I feel will be beneficial for everyone. The workshops are designed to support young children learn a range of techniques to help calm their body and mind and build confidence and self-esteem. The sessions will also provide mindfulness techniques to help feel happier and healthier.

If you would like your child to attend the workshops, please complete the permission slip below and return it to Miss Cuthbert, no later than Friday, 29<sup>th</sup> January 2024.

If you have any questions, please don't hesitate to contact me at the Academy on 01228 822644 or you can email me; [Marilyn.Cuthbert@rrma.org.uk](mailto:Marilyn.Cuthbert@rrma.org.uk)

Yours sincerely

*M Cuthbert*

Marilyn Cuthbert  
Assistant Head of Year 9 and Teacher of Performing Arts

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**Please return your permission slip to: Miss Cuthbert**

**Mental Health Workshop**

I give permission for my child: ..... Tutor Group: .....  
to attend the Mental Health Workshop at the Academy on Thursday, 29<sup>th</sup> February 2024.

I confirm that medical and contact information are as currently held by the school.

Signed Parent/Carer: ..... Date: .....