



Just Talk Week 20-24 November 2023: Back to Basics

Monday 6th November 2023

Dear parents / carers,

I would like to share with you this term's National Well-being campaign to be promoted at St. Paul's Catholic Nursery and Primary School, which will be taking place week of **20-24 November 2023.**

This year's focus week aims to strengthen understanding on **Just Talk - Hertfordshire's children and young people's mental health and emotional wellbeing campaign**. Another aim of the week is to get more schools, youth groups and children involved across the county through @JustTalkHerts social media channels and accessing Just Talk resources.

With the theme: **'Back to Basics,' Just Talk Week 2023** will emphasise the core principles of the Just Talk movement, encouraging children and young people in Hertfordshire to embrace conversations about mental health and showing them where to find support if they need it.

It's okay to not be okay and there is help readily available

Just Talk is a multi-agency programme, coordinated by Hertfordshire County Council's Public Health team. The programme is steered by children and young people, in collaboration with more than 40 professional organisations from health, social care, education and voluntary organisations across Hertfordshire. It carries the important message that it's okay to not be okay and there is help readily available for everyone who needs it. The **Just Talk website** is a hub of information and tools for young people, as well as parents, carers and professionals - all with the common goal of enhancing the mental wellbeing of children and young people.



What to do if a young person tells you they're not okay?

As Just Talk embarks on its seventh annual campaign week, children, young people, parents and carers, as well as the professionals working with them are encouraged to get involved and explore the wealth of information available. There is **helpful guidance** for adults and for primary and secondary school aged children and young people, about what to do if a young person tells you they're not okay. This includes signposting to the wide variety of services available to help them and their parents/carers. Just Talk offers free 20 minute e-learning modules about the **Five Ways to Wellbeing**, a **Thrive and Survive guide** for young people going to university, **signposting** to mental health services that don't need a professional referral and so much more, so please take a look at: www.justtalkherts.org.

For more information about Just Talk Week, visit www.justtalkherts.org/news-and-campaigns/just-talk-week-2023.aspx and follow on social media:

Facebook: [JustTalkHerts](#) Instagram: [@JustTalkHerts](#) Twitter: [@JustTalkHerts](#)

I hope you find this information useful to support your child/ren and how school is promoting and supporting children's well-being in school.

If you have any questions please feel free to contact me.

Kind regards,

Netta Costanzo

Assistant Headteacher

SENDco, Inclusion & Mental Health Lead