

# Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

16<sup>th</sup> January 2026

Dear Parents/Carers,

We are delighted to inform you that Langley Park School for Girls will again be participating in the **Minds Up** project, a mental health and wellbeing training programme delivered in partnership with **South East London Mind** (@selmind).

The primary aim of the programme is to equip our students with the knowledge, skills, and confidence to better understand and manage their own mental health, as well as that of those around them. Through a series of engaging workshops and discussions, the students will:

- Develop a shared understanding of mental health
- Recognise the importance of maintaining their own wellbeing
- Address common fears and concerns, with a focus on coping techniques
- Normalise conversations about mental health, empowering pupils to speak openly with staff, friends, and family
- Develop personal resilience strategies
- Increase awareness that they are not alone, and learn how to seek support when needed

We believe these sessions will be instrumental in further strengthening our students' mental health and wellbeing. By building new knowledge and skills, we hope to empower them to better support themselves and others in maintaining positive mental health. The sessions will run as follows:

Weds 21 <sup>st</sup> Jan 2026	Periods 2 and 3	10GA
Weds 21 <sup>st</sup> Jan 2026	Periods 4 and 5	10GB
Thursday 22 <sup>nd</sup> Jan 2026	Periods 2 and 3	10KC
Thursday 22 <sup>nd</sup> Jan 2026	Periods 4 and 5	10KD
Weds 28 <sup>th</sup> Jan 2026	Periods 2 and 3	10LE
Weds 28 <sup>th</sup> Jan 2026	Periods 4 and 5	10LF
Weds 4 <sup>th</sup> March 2026	Periods 2 and 3	10SG
Weds 4 <sup>th</sup> March 2026	Periods 4 and 5	10SH

Thank you for your continued support.

Yours faithfully,

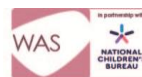
**Louisa Brown**  
**Head of Key Stage 4**  
**Mental Health and Wellbeing Lead**

**Rachel Azra**  
**Head of Year 10**

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