
12th January 2024

Dear Parent/Carer,

We hope this finds you well as the new year moves through January. We have enjoyed being back together as a community in Cedarbank.

We are pleased to let you know of the ongoing provision of the Child and Adolescent Mental Health services (CAMHs) team in Cedarbank most Thursday and Fridays. If your child is being supported by them we will let you know, usually initially at a review meeting in school.

From this month we also have Siobhan from “Headstrong” with us on a Tuesday. This provision provides mental health support to some pupils and provide a drop in provision for others to chat to Siobhan if they choose.

Further information about “Headstrong” can be found at www.headstrongminds.com.

We also have a range of supports for mental health on our school website where you will find our policy and a range of resources.

If you would like further information, please give me a call.

Take care

Alison Lindsay
Depute Head Teacher