



# SIR THOMAS RICH'S SCHOOL

Oakleaze, Gloucester

## Year 8 Introduction to Open Parachute

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Dear Parents

Following the whole school email from Mr Lynch last month, I wanted to formally introduce the features that *Open Parachute* offers parents of Sir Thomas Rich's School as part of our involvement in the programme.

### Open Parachute

*Open Parachute* is a Tier 1 mental health programme designed to support the mental health of students. *Open Parachute* is currently used effectively in schools in five different countries, including North America and Australia. The programme aims to reduce stigma and generate discussions in school about the real issues pupils face. Each unit is created by clinical psychologists and educators to teach mental health skills to all students using authentic peer voices. The programme also allows Heads of Year to tailor the themes covered to the needs of their year group. At present, Year 8 use the *Open Parachute* programme during Tutor time.

So far this term they have worked through a unit entitled *Exploring Mental Health and Trauma* and they have now moved on to *Bullying, Boundaries and taking Accountability*. Given the in-depth and sensitive nature of these topics, both myself and the form tutor team work through these topics carefully and discuss the issues put forward in an appropriate manner.

### Caregiver Resources

Within the Open Parachute offer there is access to parental resources based on the units we are covering; it would be fantastic if you could discuss the topics with your child at home.

It also has resources that you can use independently if you would like to have access to personal advice and guidance, as well as activities you can do as a family unit. All of this aligns with our tutor time programme. For example, the Caregiver Resource *Teaching Empathy and Accountability* is a natural pairing with our present unit *Bullying, Boundaries and taking Accountability*.

### Parental Welcome Link

Please be aware you will need to supply your email address to access the resources:

[https://learn.openparachuteschools.com/parent/login?id=US\\_LWHiF8H5](https://learn.openparachuteschools.com/parent/login?id=US_LWHiF8H5)

Best wishes

Mrs Rigby-Smith

## SIR THOMAS RICH'S

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