

24th November 2025

Dear Parent / Carer

I hope that you have seen my recent letter inviting you to take part in our Mental Health: It's Not All in the Mind education programme for parents, through a series of [free webinars](#). Research shows that promoting positive mental health requires many different approaches. Across Anglian Learning, our Trust-wide Mental Health strategy focuses on the principles of Positive Regard, friendship and relationships, healthy food, exercise, and participation in clubs and activities.

Last term, we conducted an anonymous mental health survey with pupils in all our secondary schools. This gave us an overview of the current levels of pupil wellbeing in each school and is helping us plan targeted early interventions to meet identified needs.

We are now introducing the Artemis-A wellbeing screener as a regular way for pupils to "check in" on their mental health. Pupils will access the short online questionnaire (4 to 5 questions) as part of their PSHE programme and can complete it at home at a convenient time. Participation is voluntary, but we encourage all pupils to take part as part of our holistic commitment to their care and wellbeing. Every pupil who completes the questionnaire will be directed to appropriate general mental health resources and reminded of the support available in school.

Unlike the previous survey, the Artemis-A screener will not be anonymous. This will allow the school's Designated Safeguarding Leads (DSLs) to identify pupils who may benefit from additional support. If your child's responses indicate higher-than-expected levels of distress and the school is not already working with you, a member of the safeguarding or pastoral team will contact you to discuss possible next steps.

As part of the assessment, we will collect limited demographic information (age, gender, ethnicity, and SEND status). This data will be used only by Anglian Learning for monitoring and improvement purposes. Access is restricted to DSLs and appropriate school leaders. Data is securely stored in a dedicated database provided by Cambridge University, who maintain the Artemis-A screener.

Records will be retained only while the pupil remains on roll and will then be permanently deleted. A full Data Protection Impact Assessment has been completed, and all processes comply with UK data-protection legislation.

We already provide a range of mental health support for our pupils. However, if you are concerned that your child is showing signs of anxiety, low mood, or any other mental-health difficulty, please contact Mrs Jamieson for advice and support.

Yours sincerely



Mrs Camilla Saunders
Director of Inclusion

Transforming Education Together

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