



Quarrydale Academy

Head Teacher Mr T Paling

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7th August 2025

Dear Parent/Carer,

Stronger Together: Wellbeing Support Sessions – Summer 2025

We hope this letter finds you well. During the summer break, we understand that for some students, the absence of daily school routines and support can be challenging. At Quarrydale, we remain committed to supporting the emotional and mental wellbeing of our students throughout the year — including during the holidays.

To help bridge this gap and offer continued support, we have launched our **Stronger Together Wellbeing Support Sessions** over the summer holidays. These **weekly drop-in** sessions will provide a safe and welcoming space for students to talk, seek guidance, or simply connect with a member of staff.

In addition to these sessions, staff will be undertaking **community walks and home visits** to check in with students and families and offer support where needed.

Drop-In Session Details

Sessions will take place every **Thursday** throughout August from **12:00–2:00pm**. To make sure support is targeted and accessible, each session is split by year group as follows:

- **Thursday 14th August**
 - Year 7: 12:00–1:00pm
 - Year 8: 1:00–2:00pm
- **Thursday 21st August**
 - Year 9: 12:00–1:00pm
 - Year 10: 1:00–2:00pm
- **Thursday 28th August**
 - Year 7: 12:00–1:00pm
 - Year 8: 1:00–2:00pm

If a student is unable to attend during their designated time but feels they need support, they are very welcome to drop in during another session.



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Registered office: Stoneyford Road, Sutton-in-Ashfield, Nottinghamshire, NG17 2DU.

Additional Support Resources:

Students can also access wellbeing support online through the following services:

Kooth: <https://www.kooth.com/>

Be U Notts: <https://www.beusupport.co.uk/>

CAMHS: <https://www.nottinghamshirehealthcare.nhs.uk/camhs/>

If you have any questions or would like more information about the sessions, please do not hesitate to contact us at:
attendance@quarrydale.notts.sch.uk

We are proud to stand together in support of our students — because we are always stronger together.

Warm regards,
Attendance and safeguarding team.



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