



**INSPIRE NURTURE BELIEVE ACHIEVE**

*Working **together** to be the **best** that we can be.*

Happiness

Perserverance

Resilience

Kindness

Friendship

Respect

20.1.21

Dear Parents and Carers,

Please see the information below from our Health and Wellbeing Advisor in North Yorkshire County Council.

Please find a link to the Go To website newsletter which provides some useful information about the 'healthy minds' website for North Yorkshire for young people, professionals and parents/carers.

**Welcome to The Go-To Newsletter**

Click [here](#) to view the January edition of the newsletter.

The Go-To website is the home of wellbeing and mental health for young people in North Yorkshire.

We're here to signpost young people, parents, carers and professionals to the right help and support.

Visit [www.thegoto.org.uk](http://www.thegoto.org.uk)

Kind regards

Miss Z Pickard

Headteacher

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