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A M Rushworth BA (Hons), MA, NPQH

Dear Parents/Carers,

As part of the Oxfordshire Public Health Directorate's campaign to improve young people's mental wellbeing, Year 8 and Year 9 students will be watching a performance of *Under My Skin* presented by Pegasus Theatre.

The play addresses the growing nationwide issue of self-harm in adolescents. Its aim is to raise awareness of self-harm and reduce the stigma that surrounds it, whilst providing young people with information about coping with difficult emotions, stress, anxiety and low mood. It also aims to identify support networks such as the School Health Nursing service, school counsellors and other local and national services that can help young people deal with the issue.

Under My Skin follows the story of Bella, an adolescent girl with a crush on Sean, the most popular boy in school. When Bella discovers that Sean is self-harming, instead of obsessing over him, she becomes his friend. After a series of well-meaning mistakes and false starts, Bella learns the value of listening and Sean takes the first step towards getting some help.

The story will be told directly to the audience through a series of naturalistic scenes. The handling and discussion of Sean's self-harm will be done sensitively and honestly and no self-harming will be shown on stage. The play will last for approx. 50mins and culminate in a post-show discussion about the issues raised. Teachers, the school health nurse and staff from Student Support Services will be present at the performances to offer further support and advice.

The performance will take place on: Monday 26th March 2018

If you have any further questions, or would like your child to opt out, please contact me directly.

Yours sincerely



Mrs C Roberts
Assistant Headteacher and Designated Safeguarding Lead