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18 November 2019

TO ALL PARENTS/CARERS



Dear Parent/Carer

### **ThinkNinja® A New Way to Support Your Child's Mental Health and Emotional Wellbeing**

Alongside providing exceptional education for our pupils, their emotional health and wellbeing is also an important priority at Cams Hill School. I am delighted to inform you that we have commissioned ThinkNinja®, a new app co-designed by clinical psychologists and secondary school pupils, to provide young people with a range of strategies and coping skills to support their mental health, emotional wellbeing and to build greater resilience.

ThinkNinja® is free to download for all pupils on a smart device such as a phone or tablet and our pupils have already received an information postcard on the app which was handed out to all pupils on World Mental Health Awareness Day in October. When signing up to ThinkNinja, pupils can put their own home postcode (as long as they live in Hampshire) or the school postcode down when registering. The school postcode is PO16 8AH.

ThinkNinja was created by Healios, an organisation which has extensive experience in providing a range of high quality specialist mental health services on behalf of the NHS. The app supports young people in a range of daily life issues such as being stressed, feeling low or having unhelpful thoughts and behaviours that might be triggered by pressures such as exams, struggling to make friends and social situations.



The personal data that your child enters into ThinkNinja® will not be shared with the school. The personal data is stored securely at Healios and is used to help improve ThinkNinja®. The school will only be receiving anonymous data reports on the usage of the app to help Healios is their evaluation of how successful the uptake and usage of the app is at our school. If you would like to read more about Healios' privacy policy, you can find it at: [www.healios.org.uk/privacy-policy](http://www.healios.org.uk/privacy-policy)

We hope you recognise this new service compliments our current wellbeing services at the school as a positive step to ensuring our pupils have the best chance of fulfilling their educational potential through good mental health and emotional wellbeing. To find out more, visit <https://www.healios.org.uk/services/thinkninja1>

Please encourage your child to download ThinkNinja®.

Yours sincerely

Mrs P Newman  
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Mental Health Lead  
Head of Year 11