

MENTAL HEALTH & WELL BEING NEWSLETTER



WHOLE SCHOOL UPDATE

Well Being in Mind Team

It has been amazing to see the Reflection Room being used all day every day by the children in school. From Well Being circles within the Early Years to bespoke interventions for individuals, it really is the calm space we had all wished for.

All children across school are already beginning to understand what Mental Health is and how they can better look after it. When we have had visitors into school recently, they were blown away with what the children were able to tell them.

As always this makes us incredibly proud of them all.

Give it a go, ask your child what they have learnt. I am sure they will be able to offer you some wonderful answers.

From January we have been offered the incredible service of the Well Being in Mind team. By now you should have been sent a questionnaire that the team would like all parents to complete.

The team offer support to children experiencing difficulties with their emotional and mental wellbeing, including low mood and anxiety. We also help those whose behaviours are causing them problems and work with other services to make sure everyone can access the most appropriate help and support.

We will send more information and updates when we have them. We cannot wait to welcome the team.

