

Newchurch Community Primary School
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Headteacher: Mrs J Narraway

10th May 2021

Dear parent/carer,

There is no disputing that since the start of the pandemic, it has been a struggle for everyone: physically and mentally. This week is Mental Health Awareness Week and as part of their curriculum, the children will be learning the importance of keeping themselves mentally well as well as physically.

As part of their homework this week, the children have been given a list of 20 things a Newchurch Robin could do to keep themselves healthy. We hope all our children engage with this activity and perhaps continue to use these challenges to maintain their health and wellbeing.

At Newchurch, we are passionate about supporting our children's mental health and you may not be aware of the different ways in which we are able to do this. We have staff trained in Drawing and Talking therapy, our very own therapy dog (Holly), LEGO therapy and we also occasionally engage the services of Mrs Rebecca Wormleighton to deliver Theraplay. In addition to this, some staff have had training in supporting children who have experienced trauma. This, in addition to our bespoke Personal, Social and Health Education curriculum ensures we are doing everything possible to support any children who need help with their mental health.

"What is the bravest thing
you've ever said?" asked
the boy.



"Help," said the horse.

We hope that through raising awareness this week, our children will be able to ask for help if they need it and also know where to get help from if they, or their friends, are not quite feeling themselves.



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We wanted also to give you as parents some information should your child be experiencing emotional ill health.

Free webinar for parents and carers

Parents and carers are being offered a free webinar to help them recognise and respond to their children's emotional health needs within and beyond the COVID-19 pandemic.

The session is the result of a joint effort between the Department for Education, the Department of Health and Social Care, Health Education England, Public Health England and NHS England. You can access the webinar via this link: <https://www.theeducationpeople.org/our-expertise/mental-health-wellbeing/webinars-training/support-for-parents-and-carers/>

Warrington Mental Health Support Team (MHST)



Warrington Mental Health Support Team (MHST)

MHST is an NHS-led service providing provide direct emotional, behavioural and mental health support to primary schools in Warrington. MHST aim to build resilience and to empower children and young people (as well as the adults in their lives) to learn strategies and new ways of taking care for their mental wellbeing.

The service is made up of a number of mental health professionals and each school has been assigned its own practitioner from the MHST. Newchurch's practitioner will provide direct, ongoing support to our school, including providing interventions to pupils with mild to moderate mental health conditions, such as anxiety, low mood or behavioural difficulties. If a child needs specialist support, they will be able to make onward referrals for them to local services, such as child and adolescent mental health services (CAMHS).

Please see the leaflet on our 'Health and Wellbeing' tab of the website: https://newchurch-primary.eschools.co.uk/cms_manage/edit_page/460744 If you feel your child would benefit from some support, please contact school and ask to speak with myself as the Designated Mental Health Lead.

On our school website, under the 'Health and Wellbeing' Tab, there are a number of links to organisations that can support families. We hope that you find them useful.

Take care and keep safe,

Mrs Jayne Narraway (headteacher)



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