9th November 2023

Dear parents/carers,

**Mental Health Awareness**

Throughout the school year the children will be learning about mental health and wellbeing and discussing what mental health is and the many ways that we can look after our own mental health and wellbeing through small easy steps.

The children took part in Mental Health Awareness Day recently and brought home the Get Britain Talking homework to do with their parents/carers.

As adults we know that good mental health is something that is hugely important in order for people to function, but more importantly thrive.

Here are Our Lady’s we are fortunate to have 4 teaching assistants that are ELSA trained. (Emotional Literacy Support Assistants). They are able to deliver interventions to help children to manage their feelings and emotions and give the children strategies to cope and be resilient when things are tough.

For those children who perhaps need a little bit more support than an ELSA TA working with them for half a term or a term, we now have a MHST (Mental Health Support Team) who work in school with us. They come into school each half term to discuss children who may need a little bit of support managing worries, anxiety, phobias etc. This NHS service triages children, and then if deemed appropriate a plan of support is offered for children. Obviously, consent from parents has to be obtained before a discussion around a child can take place and parents are invited to a meeting with the MHST worker in school at a convenient time for all.

With all this support available to our children, hopefully we can reach out and support those children in need here at Our Lady’s. There is additional support and ideas on the school website. <https://www.olpsprimary.co.uk/website/mental_health__well-being/627876> Please contact me or the school office if you need further information or think that this is something that would benefit your child.

With thanks for your continued support.

Yours faithfully

A Heston

Mrs A Heston

Deputy Headteacher/SENDCo