26th September 2025

Dear parents/carers,

**Mental Health Awareness**

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

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 3 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. We are able to offer THRIVE interventions to children too.

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 also have a MHST (Mental Health Support Team) who work in school with us. Our MHST worker is Tracey Connolly. She comes into school each half term to discuss children who may need a little bit of support managing worries, anxiety, low mood and phobias etc. This NHS service triages children, and then if deemed appropriate a plan of support is offered around the child’s needs, working either with the child, or sometimes their parents/carers. 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 also 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.

Yours faithfully

A Heston

Mrs A Heston

Deputy Headteacher/SENDCo

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Please check out our website using the link below for resources, ideas, webinars and workbooks.

<https://www.merseycare.nhs.uk/mental-health-workbooks>

Tracey Connolly

Education Mental Health Practitioner