

1st September, 2023

SUPPORTING THE MENTAL HEALTH AND WELLBEING OF CHILDREN & YOUNG PEOPLE

Dear Parents and Carers,

I have attached a link below which has been prepared and circulated by Wiltshire Council 'Healthy Schools Programme', that highlights and shares some excellent strategies for dealing with children & young people's mental health and wellbeing needs.

At Winterbourne Earls Primary School, we aim to support each of our pupils with their wellbeing, development, challenges and growth in all aspects of their lives and we can only do this by collaborating with you and working out how best to meet your child's particular needs. In school, we provide a range of techniques, in addition to the PSHE curriculum, that we trust give your child the opportunity to gain some insight into their own emotional and physical states and how these may impact their thoughts, feelings, relationships, learning and overall wellbeing. From 1-1 ELSA sessions, to small group social skills work, to whole class mindfulness, individualised plans, regular family meetings where necessary and the involvement of outside agencies where appropriate, we hope to work towards the very best access to supporting your child or young person's mental health and wellbeing.

Please do not hesitate to contact us at school if the information in this attached document has given rise to any concerns you may have. In the first instance, please speak with your child's class teacher or TA. If you have any safeguarding concerns please contact the Safeguarding lead, Mrs Carter or the Deputy Safeguarding leads, all linked below. If you have immediate concerns for the safety of a child who you believe to be at risk of significant harm or injury, you must call the police on 999.

I look forward to another year of supporting your children with their pastoral, mental health and wellbeing needs.

Best wishes,

Ali McEwan

Pastoral and Wellbeing Lead/ Senior Mental Health Lead

[In Our own Words, Supporting The mental Health of Children and young People.](#)

<https://www.charliewaller.org/what-we-offer/projects-in-partnerships/in-our-own-words>

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