

Mental Health Support with Schools

In the last few months, a number of parents have approached me wondering about our mental health education and support within the school. As this is something that we have worked on extensively over the last few years, it seemed important to outline our provision:

Senior Mental Health Lead – Miss Buschman has overall responsibility for coordinating the support structures and education that we provide as well as identifying and tracking those pupils who need more than our universal offer through termly reviews with teachers.

Universal Support – In addition to the school curriculum, every pupil in school has an emotion peg and are encouraged to share daily about their emotional state. Each Monday, the classes have a check-in assembly where we encourage all to share how they feel after their weekend. Each term, the class practices using 'The Body Scanner' as a mindfulness technique to 'quieten' their brains at night. Finally, every class has a Well-being Lead who is chosen through a silent vote as the most trusted member who you may go to if you have a problem.

Targeted Support – Every afternoon, Mrs Barnes, works with a list of pupils who may need additional support perhaps due to a short-term life-event such as divorce or due to a longer standing issue around the way they view worries. Her work draws upon being a qualified Thrive, ELSA and, most recently, Trauma Informed School practitioner and looks to provide a trusted adult with which to share concerns and learn how to deal with their worries. Due to the nature of this work, we have to review this list half termly but Mrs Barnes is also on the KS2 playground every day to ensure she is always available for check-ins.

External Support – Each term, our team meet with the Mental Health for Schools Team who oversee our work. They are also a service to which we can refer families who would benefit from 6-week support in the home as well as school. Finally, they provide training for groups of our pupils such as the Well-Being Leads and Year 6 during transition.

Parent Awareness Sessions

Thank you for the 164 views that we have had so far on our first five online sessions. Today we will be sending you links to our Science and PE sessions and will aim to ensure the others can be found on the website for those who have not seen them.

Anti-Bullying Ambassador Update

Hello again everyone - this is our second update. This month, we welcomed Mr Whitby, our Chair of Governors, into school and told him all about our community campaign. Miss Dawson, another governor, also had a meeting with us to find out what we do to make sure no one is bullied. Some of us will be updating the school's Anti-Bullying Ambassador website pages and we have invited the author KDK back into school together with a visiting artist for Children's Mental Health week in February. She will explain how art can help us be happy children.

Parent Teacher Association

The PTA had their first meeting of the year this month and the planning and organising has started for the coming events kicking off with another Adults Bingo which will take place on 6th March 2025 so keep an eye on your emails and Facebook for details. We also have our Easter Raffle, tickets will be being sent out with your child after half term, it will be a cash prize raffle and as always the class that sells the most tickets will receive a class prize. The raffle will take place in assembly following our Easter egg hunt just before the Easter holidays. Our big project this year is underway in the planning and we'll have more details as this progresses but we're really excited to be able to give the school and the children this exciting new space and wouldn't be able to do it without the wonderful support we receive year in year out from you.

Diary Dates

FEBRUARY			
3rd-7th	Monday-Friday		Children's Mental Health Week
4th	Tuesday	9:30 - 12:00	Cedar class - Additional PE session
11th	Tuesday	9:30 - 12:00	Pine class - Additional PE session
11th	Tuesday	15:30 - 18:30	Parent Teacher Meetings
13th	Thursday	16:00 - 19:00	Parent Teacher Meetings
14th	Friday		Love West Norfolk Heritage Day - Non Uniform
17th - 21st	Monday - Friday		Half Term
24th	Monday		Children return to school
25th	Tuesday	9:30 - 12:00	Oak class - Additional PE session
MARCH			
4th	Tuesday	9:30 - 12:00	Willow class - Additional PE session
4th	Tuesday	15:30 - 16:15	MTC Parent awareness session - Year 4 parents
6th	Thursday		World Book Day - Non-Uniform
6th	Thursday	18:00	PTA Bingo
11th	Tuesday	9:30 - 12:00	Maple class - Additional PE session
13th	Thursday		Year 5/6 NHS Career Day
18th	Tuesday	9:30 - 12:00	Rowan class - Additional PE session
21st	Friday		Comic Relief Day
24th	Tuesday	9:00 - 12:00	KS2 Homework Project Morning
25th	Tuesday	9:30 - 12:00	Acorns class - Additional PE session
28th	Friday	9:00 - 12:00	Class Group Photos