

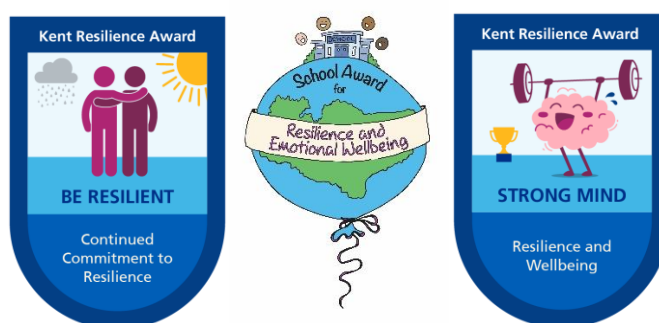
Wellbeing Newsletter October 2025

Dear Parents and Carers,

I wanted to take this opportunity to update you about what the school is doing to support pupil wellbeing. We may only be in the very first term of the year, but we have been busy moving forwards with our plans to develop this further.

Kent Emotional Wellbeing and Resilience Award

Two years ago, the school successfully applied for the Kent Emotional Wellbeing and Resilience Award. This was a very rigorous process, which followed lots of work in school to develop a whole school approach to improving pupil and staff wellbeing. In early September, I was asked to review the work the school has done to continue to develop this area. We are really pleased to report that as a result of this, the school have been successful in extending the award for another two years. Our original plaque and the new updated certificate can be viewed in our office area to be celebrated by everyone in our school community. We continue to move forward, developing our offer to ensure that pupils and staff in our school feel supported and valued.



Kent Emotional Wellbeing Teams

Since July, the school have been working in partnership with the Kent Emotional Wellbeing Team. Emotional Wellbeing Teams are a government initiative also known as Mental Health Support Teams. We are really excited to now have extra support for all pupils in our school to supplement and complement our well-established whole school approach to mental health and wellbeing. The Emotional Wellbeing Team will help to support pupils by:

- *Leading whole school activities and workshops to promote emotional wellbeing and increase understanding of how to take care of our mental health

- *Lead group and 1:1 sessions to support parents and carers with how best to support their children with worries/fears and understanding behaviour

Vicky Roberts, our Emotional and Mental Health Practitioner, has already met many of the parents at our coffee morning and has now met the pupils when she and a colleague led an assembly. We have booked a date for our first parent workshop in school about understanding anxiety in children. This will be held in the Wellbeing Hub in school on Monday 13th October between 1pm and 3pm (please see the attached flyer for more information). Please do let the office know if you would like to attend. It would be wonderful to see you there.

We appreciate that not all parents will be able to attend face to face sessions during school hours so there are opportunities to join online sessions throughout the term on a variety of topics until December (please see the attached flyer). Please use the QR codes to book onto these. These sessions will be repeated throughout the school year if none of the dates or times suit you. Dates for terms 3 and 4 will be shared with you nearer the time.

Kind regards

Jo Cottenden

Senior Mental Health Lead