

Emotional Well-being Practitioners (EWPs)

c/o St Mary's CE Primary School

St Mary's Road,

Swanley

BR87BU

Senior Mental Health Lead: Amanda McGarrigle

Dear Parents and Carers

Re: Introducing the Emotional Wellbeing Practitioner at St Mary's

I am writing to introduce Chantelle Woodford to you, our Emotional Wellbeing Practitioner. Chantelle is part of a team, who are hoping to get to know you and your child over the coming months, offering support when needed, and finding out about your ideas on how we can all work together to support the emotional wellbeing and mental health of pupils at St Mary's.

What are Emotional Wellbeing Practitioners?

EWPs are part of a new government initiative that aims to promote good emotional wellbeing and mental health through supporting children and their families through prevention, early intervention and education. EWPs are based in schools.

What support do EWPs offer?

There are a number of different ways your child can be supported:

- Groups and workshops for children on topics such as looking after your wellbeing, dealing with bullying and preparing to move to secondary school.
- Groups and workshops for parents on topics such as understanding your child's behaviour, looking after your wellbeing, and preparing to move to secondary school.
- Support for children experiencing anxiety through sessions offered to parents, as this has proven to be the most effective way to address anxiety in primary school aged pupils.
- Support for parents who would like to understand more about their child to better enjoy their time together.
- Support for staff through training and consultation

- Developing a whole school approach to emotional wellbeing and mental health

How will my child access this support? How can I access this support?

Groups and workshops may be provided as part of the school day, and you will be informed if your child is included. Groups and workshops for parents will be advertised by the school, and will be included on our website on the 'mental health and wellbeing' page. If you would like to receive support for your child who is experiencing anxiety, or you would like support yourself to better understand your child and enjoy time with your child more, then you will need to complete a short request form. These will be available from January on the school website or in the school office.

If you would like to discuss any of the above information, please contact me through the school office on 01322 665212.

We hope that this information is helpful to you. We are very much looking forward to working with Chantelle, and starting these new initiatives in January.

Yours Sincerely

Amanda McGarrigle

Headteacher