

Wellbeing newsletter October 2023

Dear parents and carers,

We hope the first part of the new school year has gone smoothly and your child is enjoying the challenges of a new year group. As you will remember, we have been working on the WAS award (Wellbeing award for schools) over the last two years and had our verification visit in July. This was a full day process and was very thorough but we are delighted to say that we were successful in achieving the award. The verifier was very impressed with everything that is happening in school and was very complimentary about our pupils. We have uploaded a copy of the report to the school website if you would like to find out more.

We are continuing our partnership with Place2Be and this year we have a new counsellor working in school, Vicky Parker. She will be in school on Wednesday and Thursday and will run all the same interventions we had in place last year. She will run a drop-in session for KS2 pupils during lunchtimes (Place2talk) and she will also be seeing pupils on a one-one basis over a period of weeks. She has collated some information for parents and carers about the support that Place2Be can offer:

Place2Be at St Andrews is here to support your children with 1-2-1 counselling and drop-in sessions via the **Place2Talk** service.

As part of our mental health support for the whole school, **Place2Be** is also proud to offer advice and resources for parents and families. We do this through:



Family Practitioners

Each Place2Be primary school has access to a dedicated Family Practitioner offering specialist support and training.



Parenting Smart

Our website full of practical advice and tried and tested tips for parents and carers of primary-age children.



Parenting Smart - Online Course

For parents and carers of children at Place2Be schools, our free course will help strengthen relationships with your child.

Place2Be has a variety of resources to help you support your child's wellbeing. Their Parenting Smart website offers free practical advice on a range of topics including bullying, the transition to secondary/high school, meltdowns, and sleep difficulties. Visit parentingsmart.org.uk to read more.

Place2Be's Parenting Smart - Online Course is a free, 4-week course designed to support parents and carers of primary-age children in their parenting journey. Visit place2be.org.uk/family to learn more about these free resources from Place2Be. You can sign up for the next cohort of this course which starts on **14th November**.

You could also check out their creative activities to do at home with your child via the [Place2Be Art Room](#).

If you have any questions or would like more advice, please contact our Mental Health Practitioner Vicky on vicky.parker@place2be.org.uk

We are also fortunate to have Laura Duke, a new family practitioner working as part of our Place 2Be team.

HELLO

 Who am I and what is my role?

laura.duke@place2be.org.uk

I am your new Family Practitioner and I will be working with parents and children over the next academic year.

I will be offering PIPT (Personalised Individual Parent Training) sessions in school. The intervention is aimed at children who may have behavioural and emotional needs. The sessions are around an hour in length and take place once a week in school for about 6-10 weeks, with both the parent & child.

When you see me in school, please come and say hi. I am really looking forward to meeting you!

LAURA, FAMILY PRACTITIONER

We will be celebrating **Hello Yellow day on October 10th** in school. We will be taking part in ITV's Britain Get Talking task and the children will be bringing home an activity to help them share their worries and thoughts at home.

We have been made aware of this free therapy opportunity for parents and carers of autistic children and their families. It is available for children aged 5 and under.



NOW PROVIDING

FREE therapy!

FOR AUTISTIC CHILDREN AND THEIR FAMILIES

Funding generously provided by:



Therapy is provided to parents/carers in **Greater Manchester** on a lower income, who have a child aged **five and under**.

To learn more about what we can offer, please **contact us** via:

info@spectrumconnection.co.uk
SpectrumConnection.co.uk
fb.com/SpectrumConnectionAutism



WE PROVIDE

PACT therapy

FOR PARENTS/CARERS OF CHILDREN AGED 5 AND UNDER IN GREATER MANCHESTER

PACT therapy can support you to:

- Feel empowered and able to advocate for your child
- Learn vital skills to support your child's communication and interaction
- Understand your child and have fun playing with them

AND nurtures and grows your child's communication skills in the process!

Free therapy generously funded by:



We provide 12 sessions of funded therapy directly to families, plus 3 sessions with the child's nursery or school. **No diagnosis needed.**

Please get in touch to find out more!

info@spectrumconnection.co.uk
SpectrumConnection.co.uk
fb.com/SpectrumConnectionAutism

Thank you for your continued support with our wellbeing work in school,

Mrs Kirkpatrick and Mrs Whitaker – Pastoral Leads