



St Mary's CE (Aided) Primary, Pulborough



# Mental Health & Wellbeing Newsletter

*Jesus said, "Love one another as I have loved you." John 15:12*

## STAFF:

Did you know that we have TWO designated Senior Mental Health Leaders (SMHLs) at St Mary's? They are Miss Sleat and Mrs Hatcher. In addition to this, we have a Mental Health First Aider, Mrs Parsons... AND a Wellbeing Governor, Mrs Heath! Most of you also know Mrs Smith who is our Emotional Literacy Support Assistant (ELSA) and Learning Mentor. These staff are all in place to help with Mental Health and Wellbeing.



Mrs Parsons



Miss Sleat



Mrs Hatcher



Mrs Heath



Mrs Smith

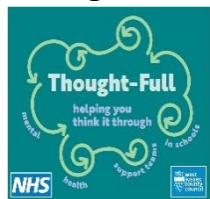
## PROVISION:

We have two Provision Maps for Mental Health and Wellbeing. There is one for children and one for staff. This is because we are a community and everyone's wellbeing is important!

*Provision Maps explain what support is available.*



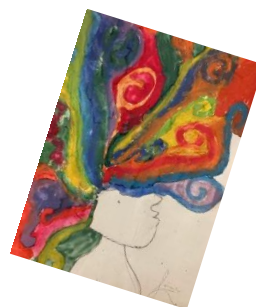
## Thought-Full:



We are very fortunate to be a **Thought-Full** school. This means that we have support from the Mental Health Schools Team (MHST). Trained staff from Thought-Full come into school to do staff training, parent workshops and support some students. *If you have any questions or would like to be told about future parent workshops, please contact Mrs Hatcher: [shatcher@stmarysprimarypulborough.co.uk](mailto:shatcher@stmarysprimarypulborough.co.uk)*

## Neurodiversity Celebration Week:

March 17-23 was Neurodiversity Celebration Week and every class did a piece of art work to celebrate the theme, 'All kinds of minds'.



## ACTIVITY:



Why not try [Art Room activities](#) ...

send BRILLIANT examples to Mrs Hatcher.

*Contact Miss Sleat, Mrs Hatcher, Mrs Smith or a member of the Office Team if you are aware of a child or parent needing help with their Mental Health.*