



St Mary's CE (Aided) Primary, Pulborough



Mental Health & Wellbeing Newsletter

'Cast all your anxieties on Him because He cares for you.' 1 Peter 5:7

POLICY:

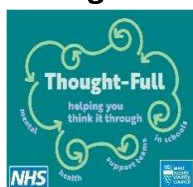
Mrs Hatcher and Miss Sleat are currently updating the Mental Health and Wellbeing Policy. It is important that this is done in collaboration with all stakeholders. If you have any comments or thoughts about what should be included, please send these to shatcher@stmarysprimarypulborough.co.uk



WELLBEING WARRIORS:

Mrs Smith – our lovely Learning Mentor and ELSA – has started a group of 'Wellbeing Warriors'. These children are working with Mrs Smith to support Mental Health and Wellbeing across the school. They meet throughout the term to discuss activities that can help other children in the school connect with each other – an area that is vital for all our mental health – knowing that we belong and are cared for.

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*



TRANSITIONS:

This can be a tricky time for children – and their families – preparing for change. It is normal to feel a mixture of feelings. We can feel excited as well as nervous, for example. Year 6 will be doing some special transition sessions with Frankie from Thought-Full as well as lots of other things like visiting their new schools. The rest of the children in school will complete transition booklets and do various things to get ready for the changes in September. Please check in with your young person regularly to make sure that they know what to do if they are worried or have questions.

ACTIVITY IDEAS:

Write a letter to your new teacher
Design your perfect classroom
Make a poster about change

<https://www.bbc.co.uk/iplayer/episode/m000x7gt/bitesize-daily-57-year-olds-wellbeing-97-coping-with-change>
<https://www.bbc.co.uk/bitesize/articles/zcv7h4j#zft9qyc>

June & July 2025



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.