



St Mary's CE (Aided) Primary, Pulborough



Mental Health & Wellbeing Newsletter

"He makes me lie down in green pastures, he leads me beside quiet waters." Psalm 23:2

Welcome back to... change!

The first couple of weeks back have been excellent and the school has been calm and orderly. Despite this, we are very aware that change is challenging for lots of children and parents. We have put in extra support around morning routines for some and extra pastoral care for others. Change can take time to get used to but, over time, many things that seemed daunting can turn out to be really wonderful. Please let us know if you or your child needs help.



Help is available

For children...

- Emotional Literacy Support Assistant (ELSA) – Mrs Smith
- Emotional Based School Avoidance – Mrs Smith
- Learning Mentor – Mrs Smith
- Mental Health First Aider – Mrs Parsons
- Thought-Full – Frankie
- Mental Health Leads – Mrs Hatcher and Miss Sleat
- Well-being Governor – Mrs Sheppard

For parents...

- Enabling Families – contact Mrs Flinders (jflinders@stmarysprimarypulborough.co.uk)
- Early Help Support – contact Mrs Flinders (jflinders@stmarysprimarypulborough.co.uk)



Sensory Support

Last year we applied for a Mental Health – **Thriving in Education** grant. Having received all that we asked for, we were able to improve our sensory provision. We now have a small Sensory Zone in Brazil and several Regulation Stations around the school. These areas are used by children (or adults!) who benefit from a brain break during the day or who have some sensory differences that require sensory input. Differences do not need to stop us from engaging in our learning and extra sensory support is all part of our Ordinarily Available Inclusive Practice (OAIP).

Thought-Full

Frankie is our lovely Education Mental Health Practitioner. She comes into school and works with children who have been referred to Thought-Full and triaged by the team. Frankie will also be running some workshops throughout the year and those that have previously attended have found them invaluable. Please get in touch if you have questions.



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.

SEND Tea & Chat

The world of SEND can feel complicated and lonely at times. If you have a child with SEND or think you may have a child with SEND, please let the office know and join us for tea and chat THIS Friday (26th) at 2pm.



September 2025