



St Mary's CE (Aided) Primary, Pulborough



# Mental Health & Wellbeing Newsletter

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things"

[Philippians 4:8 \(NIV\)](#)



## Forthcoming Parent Workshops

Understanding anxiety  
for parents

Places still available! **1<sup>st</sup> and 8<sup>th</sup> May**

*These workshops are suitable for the families of children in all year groups and we welcome family members of children who have specific difficulties with anxiety, as well as those wanting to find out more.*

Broad aims of the workshops:

- To understand what anxiety is and why we feel anxious.
- To understand the signs & behaviours of anxious feelings.
- To think about when anxiety becomes too much for children.
- To discuss how we can change *our* response to help support our children.
- To gain some strategies to use "in the moment" when your child is feeling anxious.

We are SO fortunate to have access to these amazing FREE on-site workshops. I have now opened this to local schools due to a lack of uptake from St Mary's parents. Please book on if you can make it as the content is fantastic and this is a great opportunity to meet other parents to talk to.

Complete the Google form if you can commit to both dates: <https://forms.gle/VPUtigU2XmyyuLRVA>

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

April 2026

### Mental Health First Aider

We are very blessed to have staff in school who are qualified in various forms of Mental Health support.

Our latest recruit is Mrs Packham (Australia Class Teacher), who has qualified as a Level 2 Mental Health First Aider.

Congratulations Mrs Packham and thank you for your ongoing service to our lovely school.

