



St Mary's CE (Aided) Primary, Pulborough



Mental Health & Wellbeing Newsletter

“Above all else, guard your heart, for everything you do flows from it.”

[Proverbs 4:23 \(NIV\)](#)

As we approach the end of the academic year, transition can cause worries for our children... and sometimes for the adults too! IF you have any concerns, please reach out.

For KS1 children

<https://www.youtube.com/watch?v=eFGECpidiUE>

For KS2 children

<https://www.youtube.com/watch?v=kEO29ckgNBw>

From KS2 to secondary school

<https://www.youtube.com/watch?v=kFpVOlpeksk>

For parents!

<https://www.youtube.com/watch?v=z1osxBVw0vA>



Rejection Sensitivity

For parents and carers of children who feel rejection, criticism or failure far more intensely than most. A short, practical session on what rejection sensitivity is, why it hits so hard, and three things you can do differently: meeting the moment, softening how hard messages arrive, and making it easy to come back together afterwards.

Pooky Knightsmith

I wanted to draw your attention – again – to Pooky Knightsmith’s resources. She is very generous with her talks and her training is very good. Being neurodivergent herself, she understands many of the challenges that parents, staff and students face.

Take a look at her website:

<https://www.pookyknightsmith.com/>

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.

May and June 2026