



"Building together for a better future"

St. Chad's C.E. (C) Primary School

The Gateway, Redstreet Village,
Newcastle, Staffordshire
ST5 7AB

Tel: 01782 567750

Email: office@st-chads-newcastle.staffs.sch.uk

www.st-chads-newcastle.staffs.sch.uk

Headteacher: Miss S.J. Clarke Bsc (Hons), PGCE, NPQH

13th March 2020

Dear Parents/Guardians,

MENTAL HEALTH 'TRAILBLAZER' PARENT DROP IN SESSION

THURSDAY 19th MARCH 2020 2.30-4pm - Please report to the office on arrival.

The Mental Health 'Trailblazer' Support Team from North Staffordshire Combined Healthcare NHS Trust is now working within our school. This team consists of an Educational Mental Health Practitioner and Mental Health Practitioners with a variety of qualifications such as school nurses, social workers and mental health nurses. This team aims to work with our school promoting positive well-being, preventing poor mental health and raising awareness of mental health.

The team will be offering one to one interventions or group work with children and young people over a short period of time, these sessions are aimed to equip children and young people with the tools to effectively maintain positive well-being. The team will work with children and young people around topics such as: worry management, low mood, exam stress, anxiety, difficulties with emotions, panic management, coping strategies, sleep, behavioural difficulties and problem solving.

The team will also be supporting parents/carers so that children and young people feel able to talk to adults about how they are feeling, normalising discussions around mental health and reducing stigma. The team will also offer parent workshops, parent drop in's and support to implement strategies in the home environment.

The team will be visible in our schools, they will be working with our teachers to help support your children in the classroom, and they will support the introduction of mental health into the curriculum by delivering assemblies and lessons. The team will be attending parents/carers events to give you an opportunity to meet them and ask any questions you may have.

*We will be holding our first parent drop in session next **Thursday 19th March** where **Charmaine Ndhlovu** our Mental Health Practitioner and **Louise Hulme** the Trailblazer project manager will be available to meet parents to discuss any of the issues noted above between 2.30pm and 4pm in the ICT suite. If you would like an informal chat with them to discuss any concerns you might have about your child's mental well-being, please feel free to drop in and meet them.*

Yours sincerely,

M Steele

Miss M. Steele (Senior Leader/SENCo)



