

St. Mary's Wellbeing Newsletter



Spring 1 2023

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The St Mary's Wellbeing Team

We have a Wellbeing and Mental Health Team in school now. This team is made up of staff and governors who have a specific interest and skills in this area and are undertaking further training to enable them to support children and adults with the emotional wellbeing.

We are:

Mrs North – Learning mentor and DSL (Designated Safeguarding Lead). Trained in drawing and talking. Mental Health First Aider.

Mrs Johnson – Wellbeing Lead for Staff. Creator of our Well Being Charter.

Mrs Frankie Townsley – Parent Support Advisor

Rev Kathy Robertson – Wellbeing Link Governor



Up and coming MH and wellbeing events:

February

- 7th Safer Internet Day
- 6-10th Children's Mental Health Week.
- LGBTQ+ History Month

March

- 8th International Women's Day
- 17th World Sleep Day

What we do in school to support mental health and wellbeing:

- Zones of regulation every morning
- Check in and check out with learning mentor
- SCARF lessons
- Future In Mind/CAMHS/MHT practitioners in school half termly.
- Early Help referrals
- Parent Support Advisor
- Close work with Learning Support Services and Educational Psychologist
- Mental Health Ambassadors
- Lunchtime nurture groups.

Who can you contact for help outside of school:

Wakefield Well Woman Centre – 01924 211114 – This is a charity based in Wakefield providing mental health, emotional and practical support in a woman only space.

Turning Point Talking Therapies – 01924 234860 If you are registered with a GP in Wakefield, you can access NICE recommended therapies at Turning Point.

Samaritans – 116 123 If you need to talk to someone, we listen. We won't judge or tell you what to do.

Safeguarding at St Mary's: If you have any safeguarding concerns you can contact any of the staff listed below:

Miss Brown (Safeguarding Lead), Mrs Shuttleworth (DSL), Ms Matheson (DSL), Mrs North (DSL)

Our Mental Health Ambassadors are: Lilly Rose, Lewis, Courage, Keziah, Zainab, Sami



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Our Mental Health Ambassadors

