



Wellbeing @ Waterbeach Autumn 2021

Dear Parents and Carers,

I hope you have had a good summer and that your children are enjoying being back in school. It is lovely to see so many children enjoying themselves. We do know however that not all the children will be feeling super confident, so please find information about what is available at school to support any children (and parents!) who are feeling anxious at this time of the year.

Wellbeing Team and School Counsellor: We are available to support children with a variety of worries. Please feel free to email your child's class teacher in the first instance, or encourage your child to use the self-referral system (KS2).

Mon-Fri (pm): Mrs MacLeod

Lunchtimes: Mrs Badcock (Peer Mediation)

Tuesdays: Mrs Wenham (Counsellor, by appointment)

Mrs Rogers: (Family Worker, by appointment)

Mrs Tregoing oversees the Wellbeing Team and is available Mon-Weds.

Did you know? We are lucky enough to have an 'Early Intervention Family Worker' attached to our school. Her name is Jane Rogers and she is able to give bespoke support to parents around a variety of issues, from morning routines, to anxiety, to screen-time battles. If you would like to know more, you can email Jane directly on janeelizabeth.rogers@cambridgeshire.gov.uk or ask at the school office for more information.

#Hello Yellow! We will be marking World Mental Health Day again, on 8th October, following a great #Hello Yellow day last year. Children will be invited to wear something yellow to school to raise awareness of wellbeing and mental health issues, and to show each other that we are here for each other. They will be enjoying some fun activities to help them learn more about mental health. You can find out more about #Hello Yellow on youngminds.org.uk

The Zone: Children in years 2-6 have already been signing up to attend The Zone. This is a lunch club that provides a safe space to learn more about ourselves, wellbeing and mindfulness, with plenty of games and craft thrown in for good measure! The club runs for half a term, and those who did not get a place this time will be considered for the second half of the term.

PSHE and Assemblies: in the Autumn Term, this will include work on resilience and growth mindset, which as you will know, are key themes here at Waterbeach.

Wellbeing Referrals & Peer Mediation: This was successfully introduced last year. It gives year 5/6 children the opportunity to ask for support independently and discretely. Peer mediation is also restarting soon, and this is available for all children in Y3-6.

Finally, I know all the staff have enjoyed welcoming the children back, and it looks like the children are happy to be here! Miss Green and Mrs Ogilvie have worked hard to ensure that school is now back to normal as much as possible for everyone.

Please don't hesitate to get in touch if you have any questions,

Mrs Tregoing and the Wellbeing Team