



Wellbeing @ Waterbeach Autumn 2020

Dear Parents and Carers,

I hope you have had a good summer and that your children are looking forward to coming back to school next week? I suspect a few parents may also be excited about the prospect of the new term! We do know however that not everyone will be feeling super confident, so in preparation for the new term I thought I would write to you with some information about what is available at school to support any children who are feeling anxious about the new school year.

Back to School Booklet: Some of you may have already seen this transition booklet. We often produce them for children who might be more anxious than usual about the new term, but we think that this might help lots of children this year. Why not read it through with your children a few times before the first day?

Pastoral Meetings: Miss Green and Mrs Ogilvie are currently organising a series of opportunities for parents and teachers to discuss any ongoing or new pastoral issues following the disruption last term. Look out for further details coming soon.

Wellbeing Team and School Counsellor. We will be available to support children with a variety of worries. Please feel free to email, telephone, or encourage your child to use the self-referral system (KS2).

Mon-Wed: Mrs Scully

Tuesday: Mrs Wenham (Counsellor, by appointment)

Thurs-Fri: Mrs Rutherford

Mrs Rogers: (Family Worker, by appointment)

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

Additionally, here are a couple of webpages with some ideas of things you can do to support a child with school anxiety:

[Returning to School After Covid Closures](#)
[Tackling Back to School Anxiety](#)

Welcome videos: All the teachers have made a short welcome video for their new classes. The links to these are included in the transition presentation on the school website [here](#). It might be a good idea to refresh your memories on arrangements for the year by watching this together.

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

Wellbeing referrals. This is a new system which the wellbeing team have developed in conjunction with children in KS2. It will be introduced near the start of term and gives KS2 children the opportunity to ask for support independently and discretely.

Finally, I know all the staff are looking forward to welcoming all the children back next week, and I am sure that most of the children are excited to be coming back too! Miss Green and Mrs Ogilvie have worked hard to ensure that school will feel as normal as possible for everyone: if you need a reminder read the [Plans for September](#) document sent out in July.

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

Mrs Tregoing and the Wellbeing Team