



Goldenhill Primary Academy



Head teacher: Mr. S Martin BA (Hons).NPQH

"Everyone shines at Goldenhill"

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Dear Parents,

From the end of June we are very lucky to be having a Mental Health Support worker in our school, initially one morning per week but this should increase over the next academic year. Our support worker is called Isabel Cooper and will be introducing herself to parents, children and all staff this July.

One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom. It is not an issue that will disappear and statistics show it has worsened since Covid. At Goldenhill we take this very seriously and feel very fortunate to have this opportunity to have a Mental Health Support Worker join our team.

Our Mental Health Support Worker will support the excellent PSED curriculum we have in school and the Zumos app which supports children's wellbeing. In addition to these things our Mental Health Support Worker will be able to support with more individual needs as well as whole class workshops. She can support in the areas of worry, anxiety, emotions, sleep, transitions and behaviours. She can work with parents helping you to support your child's needs and hold workshops for behavioural and emotional difficulties.

A questionnaire will be coming out later this week to help us decide where to prioritise needs for workshops and what support you would like to see in school.

Isabel would love to introduce herself to you and will give a short presentation at a coffee morning to be held on Tuesday 27th June at 9.30am in the school hall. Coffee and refreshments will be available in the hall from 9am. We are also hoping to have some children performing at this coffee morning – more details to follow. It would be lovely to see as many of you as possible at this event. I think we can all agree that supporting mental health is crucial in today's world and we want to help remove the stigma attached to it and support our children to be open and healthy individuals.

Regards

Mrs Cookson
SMHL Lead



Artsmark
Silver Award
Awarded by Arts
Council England

