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Wednesday 24<sup>th</sup> February 2021.

### Mental Health and Well Being Support for Pupils

Dear Parents / Carers,

One of my roles in school is to support the mental health and well-being of our pupils. I have attended a meeting this afternoon where the return to school was discussed and how it would be really good if we could assess the children's feelings about returning back to school on March 8th so that we can begin to plan anything in addition to what was in place in September.

Please find a questionnaire that I would really appreciate you completing and returning to me directly [belinda.athey@whittingham.northumberland.sch.uk](mailto:belinda.athey@whittingham.northumberland.sch.uk) ideally by next Wednesday.

The questionnaire is from an emotional support programme, ELSA and starts on p2.

I think, with support the majority of the children could answer the questions, it would certainly be nice to have a wide selection of responses back so that we can ensure that school is as well- prepared as possible to provide support, fun and learning in the best possible way.

We were also directed to the following 'padlets' full of resources and directed to resources like:

[https://nlandeducation.padlet.org/gill\\_finch2/SupportForChildrenandFamilies](https://nlandeducation.padlet.org/gill_finch2/SupportForChildrenandFamilies)

and -

BBC Headspace.

Chill Panda

Mindful Powers

<https://www.annafreud.org/parents-and-carers/>

Thank you for your time. We can't wait to see all the children back to school on March 8th.  
Best Wishes,  
Belinda Athey

## Headteacher: Mrs Belinda Athey

