



Building each other up –
with God as our firm foundation

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Dear Parents and Carers

Monday 13th May marks the beginning of national **Mental Health Week**. I thought this would be a good opportunity to share with you some new and exciting developments in school to support the mental health of all children at St Paul's.

We have recently begun working with **Reflexions**. Reflexions is a Mental Health Support Team service that helps increase access to mental health support for children and young people in schools across the Black Country. They offer 1:1 low or high intensity CBT as well as offering a whole school approach which includes staff training, parent workshops and school assemblies. Reflexions can provide support for a number of challenges children and young people may face such as low mood, exam stress, problems with sleep, low self-esteem and anxiety.

This term, we have already organised the following workshops to support the whole school community:

- 9th May - SATS workshop (Year 6)
- 23rd May – Introduction to Reflexions (KS2)
- 7th June – Preparing for Secondary School (Year 6)
- 13th June – Helping your child prepare for Secondary School **Parent workshop** (2.30-3.20)
- 11th July – Social Media and Mental Health (KS2)
- 11th July – Introduction to Reflexions/Social Media and Mental Health **Parent workshop** (2.30-3.20)

We will be adding more workshops for pupils, staff and parents in the Autumn term, so will inform you when we have confirmed the dates. I do hope you will be able to join us for the above parent workshops in the coming weeks! The Year 6 workshop last week was very well received.

As I have already mentioned, Monday 13th May marks the beginning of Mental Health Week. The theme this year is movement and throughout the week, all classes will be building extra movement opportunities into their learning. We all know what a positive impact exercise and movement can have on our mood as adults. For children, movement is essential for their mental and physical wellbeing. Please take the opportunity next week to encourage your children to be as active as possible. This could be playing outside in the garden, going to the park, going for a walk or just having a dance around their room! Any activity is beneficial and this very welcome sunny weather is the perfect opportunity to get outside!

If you would like more information about how you can support your child's mental health, please do have a look at the Black Country Minds CAMHS website. Here you will find a wide range of mental health and wellbeing topics:

<https://www.blackcountryminds.com/ages/parent-carer-professional/>

For half term activities, you may also be interested in Yo!Active, part of Yo!Wolves the City of Wolverhampton's young opportunities offer. They will be providing eligible children and young people with free physical activity opportunities as part of their mission to inspire and support young people to move more every day. Yo!Active is being delivered in partnership with Wolves Foundation. As the official charity of Wolverhampton Wanderers Football Club, they aim to encourage healthier and more active people, lifelong learning and skills, and develop safer, stronger communities. Yo! Active will offer free sessions for children and young people who: • Live within the City of Wolverhampton Council area, • Are aged between 0-18, or under 25 if the young person is a care leaver or has Special Educational Needs and Disabilities (SEND)

[Half term activities with YO! Active | WV Active](#)

I do hope this has given you a little more insight about how we are helping support your child's mental health and wellbeing at school and how you can help at home. Further updates will be shared with you over the coming weeks.

If you have any questions or concerns, please do not hesitate to contact me.

Best wishes,



Mrs Laura Evans

SENCO and Senior Mental Health Lead