

Wyburns Primary School

Nevern Road
Rayleigh SS6 7PE
01268 770914
Email: admin@wyburns.org



Monday 20th February 2023

Dear Parents and Guardians

We are very excited to introduce the Mental Health Support Team at Wyburns Primary School. A message to our community from them:

"We are the Mental Health Support Team (MHST) from the NHS and we are a team of practitioners who will be working with Wyburns to promote positive mental health and wellbeing in the school. We run a variety of workshops, assemblies and groups for children, parents and carers to support wellbeing. Keep an eye out for any upcoming sessions as we would love to see lots of you there!"

We will also be working with parents and carers with more specific concerns about their child by offering 1:1 sessions to support them with managing their child's worries or behaviour difficulties. These are typically 6 weekly sessions lasting 1 hour. Please speak to Mrs Wood or Mrs Clark at school for more information.

Everyone has mental health and it is really important to spend time looking after it. One way you can do this is by following the Five Ways to Wellbeing: Connect, Give, Take Notice, Keep Learning and Be Active. Having a good balance of these in your life can help us to feel positive and resilient. We suggest trying one thing this week from a category that you do less. For example, taking notice of the different colours in the sky or giving someone a kind compliment. Sometimes doing these small things can make a big difference to how we feel!"

We are privileged to have this opportunity and hope that our community will benefit from their support. The MHST will be visiting the year three and year five "teach my family" sessions. Alternatively; you can watch this short clip: <https://www.youtube.com/watch?v=CV7ojaln-W0>

Yours Sincerely

Mrs Jo Wood

