



Kent Emotional Wellbeing Team



Dear Parent/Carer,

Introducing the Emotional Wellbeing Team at St. Martin's School

St. Martin's School welcomes the Emotional Wellbeing Team (EWT) to your child's school. The Emotional Wellbeing Practitioners, who are part of the EWT, are hoping to get to know you and your child over the coming weeks and months, offering support when needed and finding out your ideas about how we can all work together to support the emotional wellbeing and mental health of children at St Martin's School.

Please find enclosed a leaflet which tells you all about the Emotional Wellbeing Team. You can also find out more by watching this short animation:

<https://www.youtube.com/watch?v=duXLsp5wFRE>

How does my child access this support? How do I access this support?

Your child may be included in whole school initiatives, for example, assemblies and classroom-based activities that raise awareness about emotional wellbeing and mental health. In addition, children with a specific identified emotional wellbeing need (e.g., worry) may be invited to join a group or workshop, and you will be informed if your child is included. Groups and workshops for parents (e.g., 'Understanding your Child's Behaviour') will be advertised by school.

If you would like to discuss any of the above information, please contact the Senior Mental Health Lead.

We hope that this information is helpful to you. We are very much looking forward to working together.

Yours sincerely,

Lindsey Norbury
Locality Clinical Lead, Kent Emotional Wellbeing Team

Mrs. Jacky Cadour
SENCO, Senior Mental Health Lead