



EMOTIONAL WELLBEING TEAM

Emotional Wellbeing Team



Who are we?

We are a team of Emotional Wellbeing Practitioners who work in schools to help improve children's emotional well-being.

What can we offer to children?

We can offer workshops to children in primary school on the following topics:

- Moving to secondary school
- Managing worries
- coping with exams



What can we offer parents?

We offer parents 1:1 weekly sessions on:

1. Challenging behavior (for parents of children up to the age of 8). Up to 8 sessions focused on understanding and improving difficult or challenging behavior.
2. Overcoming your child's fears and worries (for parents of any age child) – up to 8 sessions on helping your child to face anxious situations, manage their worries and build their resilience.

How do I access support?

parents can complete a 'request for support form' which is available at reception.

Children and parents can also look out for any workshops that we are advertising!

