



Wellbeing Newsletter

November 2021



This is the first issue of a monthly newsletter to keep you up to date with some of the ways we are supporting our children and their families with their wellbeing.

Meet the Team

Mrs Purshall : Mental Health Lead



My role is to make sure that Heathlands is a mentally healthy school. I support the whole school community including children, staff and parents to improve their own wellbeing and mental health. I also help those who are struggling with mental ill-health to find support .

Mrs Williamson: Pastoral Lead



My job is to support our children and their families with the range of problems they face. These include mental health issues, family breakdown, behaviour, bereavement, financial issues, housing problems and many more. I will help however I can and contact specialist support when needed.

If there is anything you need help with, you can contact us by leaving a message with the school office and we will get back to you as soon as we can.



We are running a **Wellbeing Workshop** at 2:30—3:00pm on **December 6th** for parents and carers who are interested in finding out a little

more about how to help our children open up and talk about their feelings. We will be giving tips on how to start the conversation and sharing some activities and ideas to help you. We will also be providing refreshments. **Please check your emails for a form to complete and respond by 29th November.**

Early-Help Parent Surgery

We are extremely lucky to be hosting an Early-Help Parent Surgery every fortnight with Community Connector, Hannah Mac. She is able to assist families in the area gain access to support in a range of areas such as parenting, money and debt advice, food and housing and more. If you would like an appointment, please contact the school office and Mrs Williamson will organise this for you.



World Mental Health Day

On Friday 8th October, we celebrated World Mental Health Day at Heathlands Academy. Children enjoyed a range of activities linked to mental health. It was lovely to see some of this fantastic work and everyone dressed in yellow helped spread happiness across the school. Thank you to all those who contributed to our just giving page for the charity Young Minds.

Self Care Corner: Take time for yourself!

Why not wrap-up warm, go for a walk in the fresh air and take notice of the beauty around you.

