



Aspiring to achieve our best: moving forward together!

t 01884 252445 | e admin@heathcoat.devon.sch.uk

Available online at www.heathcoat.devon.sch.uk

Pastoral Team Newsletter



Welcome back to all of our pupils!

It has been wonderful to see so many children happy and enthusiastic to be back at school. Returning to school has no doubt been overwhelming for some, particularly for our pupils who have been at home since March. We have been so impressed with how our pupils have adapted to the changes and settled within their new classes.

Pupils will be settling into their new classes with fun activities focusing on wellbeing and having time to talk about their experiences over lockdown and the summer holidays.

Our focus on mental health and wellbeing is more important than ever, and our Pastoral Team will continue to support pupils. Due to Covid-19 there will be changes to how we support our pupils as we will be working across bubbles and will only be able to support a small number of pupils at one time. We will be following guidance from PHE and following our risk assessment. This includes:

- Socially distancing whenever possible
- Meeting in well ventilated rooms
- Using outside space where possible (weather dependent)
- Handwashing before and after sessions
- Cleaning all workspaces and resources after use

If you have concerns about your child's wellbeing, please contact your child's class teacher or a member of the pastoral team to talk about your concerns.

Karen Moore – Pastoral Lead

karenmoore@heathcoat.devon.sch.uk

Hannah Gleeson – Social, Emotional and Mental Health Support Worker

hannahgleeson@heathcoat.devon.sch.uk



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School Based Counselling

Hello. My name is Mrs. Julie Broom. I am a qualified counsellor and am directly employed by the school to carry out school-based counselling.

Counselling provides the child/young person with the opportunity to talk about things that are a concern to them in a professional and safe manner. I will work with your child/young person to help them to find a way through whatever is bothering them.

Sometimes, it is easier for the child/young person to open up and talk to someone outside of the family. I understand that it is quite natural for parents/guardians to feel anxious about what may be said within a session, but please be assured that I will never judge you or your child.

Areas of work can be:

- Anxiety
- Self-esteem
- Low mood
- Peer relationships
- Family relationships
- Family changes
- Divorce/Separation
- School
- Bereavement
- Eating disorders
- Self-harm
- Suicide



If you feel that your child may benefit from a 6 week block of counselling session, please speak to myself, Mrs. Moore (pastoral lead), Mrs. Hambly (family support worker) or Mrs. Shanahan (SENCo). We will then discuss any referrals as a team and make a decision.



Every Mind Matters

Many families have faced difficulties throughout the pandemic, with parents stating the mental health of their children has been one of their biggest worries.

Public Health England have launched a campaign to support parents with tips and advice to spot the signs that their child may be struggling with their mental health. The website provides information and tools to support your child, including signposting for additional support.

It's been developed in partnership with leading children and young people's mental health charities and endorsed by the NHS.

For further information visit [Every Mind Matters](https://www.everymindmatters.org)





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Anna Freud
National Centre for
Children and Families

Anxiety Tools for Parents

It is understandable that children are experiencing a higher level of anxiety when returning to school after being at home for a long duration. Other factors can increase anxiety in children such as changes in routine, being exposed to media coverage or conversations about Covid-19 and parental anxiety levels.

Mentally Healthy Schools have created some tools to help you support your child with any anxiety they might be feeling, including top tips, an example action plan and some activities to support you and your child.

There is a blank action plan for you to fill in. You can work through this with your child.

Toolkit can be found at [Anxiety Tools for Parents](#)



Talkworks is a free, confidential, NHS talking therapy service for people (aged 18+) in Devon (excluding Plymouth), helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

The service can support people who are struggling to cope, feeling low, anxious and overwhelmed by thoughts and feelings.

It is open to all in Devon, but they are currently also offering priority support to frontline staff including NHS and social care workers.

For more information go to [Talkworks](#)

Help and Support

Young Minds

www.youngminds.org.uk

Parents helpline 08088025544 (parents and children)

Talk works

Improving your mental Health and wellbeing 03005553344

Talkworks.dpt.nhs.uk (parents)

Childline

www.childline.org.uk

Mind

www.mind.org.uk

Action for Children

www.actionforchildren.org.uk

Family Lives

www.familylives.org.uk

Samaritans

www.samaritans.org

24hr helpline 116 123 FREE

[Rethink – Mental Health Support](#)

[Headspace – Mindfulness for your everyday life](#)

[Kooth – Free online support for young people](#)

School Nurse Hub Number:

Hub number 0333 234 1903

Multi-Agency Safeguarding Hub (MASH)

If you are concerned about a child or young person and would like to talk to someone call 0345 155 1071 or email mashsecure@devon.gov.uk and give as much information as you can

