



# Birdsedge First School

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Head Teacher: Mrs Donna Waddington

Tuesday 1<sup>st</sup> March 2022

Dear Parents and Carers

I wrote to you last term to update you about the work we had started as a school in supporting children's mental health and wellbeing. I wanted to share with you again, an update of further work that has taken place and also ask for your input in our plans for moving forward. Here are the key updates:

- I am completing the Senior Mental Health Leader Training with Leeds Carnegie School of Education, currently on Unit 6 of 8. The course is scheduled to finish in March.
- We held our first 'Wellbeing Week' as part of the extension of our curriculum offer for enrichments. After the success of this, this will remain on our long term planning cycle and be something we offer annually.
- Staff training 'An Introduction to Children's Mental Health' has been delivered by Stacey Barton, Huddersfield Rural Education Link Worker (Children's Mental Health) Northorpe Hall Child and Family Trust.
- We have also completed staff training with 'Paws B' of MISP (Mindfulness in Schools Project) for how we can support mindfulness and wellbeing with children through sessions in school. A 6 week course of sessions for all children is booked in for the Summer Term.
- I have arranged for weekly group Play Therapy sessions to run during the Summer Term for those children needing more targeted support for their mental health and wellbeing
- I have drafted our whole school Intent and Policy for Mental Health. This is attached for your consultation.
- I have devised two surveys linked to the draft policy and intent. One for parents and carers and one for children. It would be really appreciated if you could complete this as parent and then support your child to complete the second from a pupil perspective. All completed entries will be entered into a prize draw!

Parent/Carer Survey:

<https://forms.office.com/r/7ttFQgLqiR>



Pupil Survey:

<https://forms.office.com/r/ma2tdrsu7y>



- I have scheduled a Parent Information Event with myself and Stacey Barton around children's mental health here at school. This will be on **Thursday 17<sup>th</sup> March at 6pm – 7:30pm**. Please use the box on the surveys Form to register your interest.

As always, any comments, questions or feedback is always welcome – please do use the surveys to do that or do not hesitate to contact me at school if this is more appropriate.

Many thanks for your continued support.

Kindest Regards

Mrs D Waddington

