



# Birdsedge

## First School

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Head Teacher: Mrs Donna Waddington

Wednesday 3<sup>rd</sup> November 2021

Dear Parents and Carers

As I am sure you will know and appreciate, mental health and wellbeing is a big priority following the last 18 months of challenge. A time of challenge for schools and for our nation.

At Birdsedge First School I have always valued the mental health and wellbeing of our children and staff and making sure everyone has felt happy and safe during my time here has always been at the top of my agenda.

I just wanted to share with you some of the things I am working on this year to ensure good mental health and wellbeing continues for all and is only maintained and developed as part of what we offer to our school community as we move forward together. So far this academic year I have:

- Registered as the Senior Mental Health Leader for school and enrolled in a full training programme with Leeds Carnegie School of Education I will be completing this year
- Held a 1:1 Consultation meeting with Stacey Barton, Huddersfield Rural Education Link Worker (Children's Mental Health) Northorpe Hall Child and Family Trust. Stacey will be supporting us with how we can develop mental health and wellbeing provisions in school and providing any staff training and support we need to do this well.
- Completed a whole school interactive audit of our provisions for ensuring good mental health and wellbeing and used this to start our action plan for further growth and development.
- Arranged staff training this month with 'Paws B' of MISP (Mindfulness in Schools Project) for how we can support mindfulness and wellbeing with children through sessions in school.

I'll be sure to keep you updated over each half term with any further work we complete in this area on our action plan. Please do not hesitate to contact me in the meantime though if you have any questions, feedback or ideas!

Many thanks for your continued support.

Kindest Regards

Mrs D Waddington



