

June 2023

Dear families

Re: **Wellbeing**

Wellbeing is something that is very important to us at The Burton Borough School. We have a strong team of student wellbeing mentors who do some fantastic work and who we are very proud of. These wellbeing mentors are accessed through their small schools and work with individual students. This can be helpful if you are in Year 7 and you are worried about homework or social times as the mentor can work with you because they have been in the same position as you and can offer really helpful advice or support.

We also have an ELSA (Emotional Literacy Support Assistant) in school who is trained to run one to one and group sessions with students who are struggling to express their emotions. Mrs Rogers covers all aspects of wellbeing and can visit students in their primary schools to help with transition if that is felt to be beneficial.

As students' progress through the school, they can also access support around exam concerns with a full package of support through workshops offered to students who need it.

We have a full team of school counsellors who offer support to students and their families. They are accessed through small schools and offer counselling and art therapy.

Part of our student wellbeing package is the work we do with our students around personal wellbeing and confidence. In our CLL programme and through PHSE we have areas that concentrate on wellbeing and self-esteem. We have a team of anti-bullying ambassadors trained the Diana Award and the Anti-bullying Alliance. We also have an anti-bullying focus group attended by parents, staff and students.

For more information, please look at the wellbeing section of the school website. This is accessed through the "Parents" drop down. If you feel any of these things would be beneficial to you and your child and would like more information, please get in touch by email with me on the email address below.

Yours sincerely

Karen Heins  
Mental Health and Wellbeing Lead  
[karen.heins@taw.org.uk](mailto:karen.heins@taw.org.uk)