



The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

When we talk openly about mental health and from an early age, children become familiar with the relevant language and vocabulary, are better placed to understand their emotions and feel safe enough to ask for help when they need it. This year's Mental Health Awareness Week is from Monday 10 May to Sunday 16 May.

The Schools Counselling Partnership has noticed a significant increase in anxiety due to the pandemic and so we will be delivering assemblies on anxiety – these will be recordings so that teachers can share them with the children at any point during the week. We will also be having a parent session on **Tuesday 11<sup>th</sup> May at 10am** on 'Supporting Your Child's Emotional Wellbeing Post Covid'. This session will also be open to parents at the other school that we support.



Time: May 11, 2021 10:00 AM London

<https://us02web.zoom.us/j/81285413926?pwd=MVJ5WXNiczFTTUxqeXpMb2lCY3FFZz09>

Passcode: 235155

**If you would like to make an appointment to speak to Khalida, please either email her at [khaque1.211@lgflmail.org](mailto:khaque1.211@lgflmail.org) or call/text her on 07730 416 019. She works at Chisenhale on Tuesdays, term time.**