

Wellbeing at Lakeside



Mrs Whittaker!

We are very lucky that Mrs Whittaker has joined the Lakeside team from Easter. Mrs Whittaker will be supporting the wellbeing and pastoral provision already provided by the class teachers, but will also be working with children in small groups and 1:1. If you need to catch her, she can be found on the gate most Monday's, Tuesday's, Thursday's and Friday's. However if she is not there, please leave a message with the office and she will contact you.

Class provision

- ✓ Regulation stations
- ✓ Whole class fish bowls
- ✓ Tailored PSHE programme for each cohort
- ✓ Class worry box

Events

May. 24

Mental Health Awareness Week

June. 24

Pride month

July. 24

International Day of Friendship

School Wellbeing Service

The School Wellbeing Workers (SWW) are managed by the local authority, clinically supervised by Child Adolescent Mental Health Service (CAMHS). Their focus is to work with children, young people and school staff around emerging and developing mental health need. The SWW will provide:

- consultation, advice and support
- training and continued professional development
- facilitating pathways to different care and support - including specialist services
- working in partnership to deliver evidenced based direct work to children and young people



**WELLBEING
IN MIND TEAM**



Wellbeing in Mind Team

We provide advice, support and training to school and college staff on wellbeing issues; forming a link between the school and other services supporting your child. We also provide direct support for young people experiencing mild to moderate mental health difficulties within the school or college environment. This may include offering things like:

- Classroom-based education sessions with school/college pastoral team to improve knowledge and understanding about wellbeing
- individual sessions based on Cognitive Behavioural Therapy (CBT)
- group sessions
- supporting people to use online resources and develop skills.

Where needed, we can support people to access other services for additional help.