



HOLLAND PARK
PRIMARY SCHOOL

Well-Being News March 2021

Welcome to our first well-being newsletter. As a pastoral team we are able to offer our families a wide range of support in a variety of ways. We would like to use this forum to share what we have been up to, and to signpost you towards some of the many services our local area has to offer.

Introducing Mike...

My name is Mike and I am a master's Year 1 Student Social Worker at Anglia Ruskin University. I have been placed at Holland Park Primary School to spend 70 days as part of my Social Work course. I am here at the school to support, learn and gain experience in child protection and improving children's mental health and wellbeing. I will be supporting the Pastoral team and learning from them on the work that they do with children and families. I am excited for this learning opportunity that I have been given by Holland Park Primary School and I am looking forward to working with some of you.



Young Carers Recognition

A big thank you to our local Asda (along with Amy, their Community Champion) for donating Easter eggs to our pupils who are also young carers. Lockdown has meant extra responsibility for many children and we wanted to thank our own young carers with an Easter treat.



Mental Health and Well-Being Support

As a school we work closely with WARMS (Well-Being & Resilience Mental Health Service). Following a referral and an assessment, a student mental health practitioner can work with you and your child on a range of subjects including: behaviour, anxiety, low mood etc. Please use the below link for further information, or contact Mrs Edwards if you feel your child would benefit from a referral.

<https://mnessexmind.org/warms/>

Family Support

We were recently awarded a grant from ECC which enabled us to provide 25 families with food parcels for the Easter break. With thanks to Baby Bank Tendring we were also able to give 16 of our KS2 pupils cosmetic and hygiene packs.

Make sure you follow the Multi Schools Council on social media (or use this link: <https://www.multischoolscouncil.org.uk/>) for lots of information and advice on a wide range of Easter holiday courses, and support, including: ASD, ADHD, mental health and well-being, anxiety and resilience.