



Eastfield Primary School

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Head Teacher: Mrs Hay

Dear Parents and Carers,

The lockdown restrictions have been difficult for everyone, so it is important that we take care of our wellbeing and look out for each other. At Eastfield primary we really care about the emotional well-being and mental health of everyone involved in the school, children, staff, parents and carers.

We understand that a child's wellbeing has an impact on their learning and their performance in school. Therefore, we have been giving the children extra opportunities to talk about how they feel with daily check-ins. We are teaching them to express their emotions through Emotion Coaching, and we are a Restorative School, working to build relationships through discussion when children or adults fall out.

We believe that everyone involved in the school needs to look out for each other, so we help parents and carers by signposting them to other services where they can get help for themselves or through the Early Help process when needed. Parents and carers can help by talking to their children about how they feel and encouraging them to be kind and caring.

To develop our support for Wellbeing and Mental Health further Mrs Warlow (Deputy Head teacher and SENCo) and Miss Griffiths (Behaviour and Welfare Officer) are working towards a Wellbeing Award at school. Please help us by sharing your views on the questionnaire which will come via email from Awardplace by Optimus Education. It will be time limited to ten days so please complete it as soon as you are able.

Many thanks,

R Warlow A Griffiths

Mrs Warlow and Miss Griffiths

