



Wellbeing News



Crigglestone St James CE Primary Academy

Headteacher: Miss B Minor Date: 27/10/2023 Issue: 1

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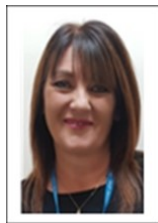
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Meet the Wellbeing Champions!

In school, we have a team of staff who are trained to help and support children struggling to cope with their emotions. This support can be working on a 1 to 1 basis, in a small group or sign-posting and referring to outside agencies should this be needed.

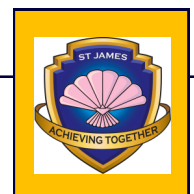
Mrs Dent (Deputy Headteacher) is our Senior Mental Health Lead in school and she is supported by Mrs Lloyd (Learning Mentor), Mrs Shaw, Mrs Newman-Burke and Mrs Critchlow, who work in all areas of school.

Should you feel your child needs extra support, you can initially contact your child's class teacher who will then speak to one of the Wellbeing Champions to organise this.



Me– Safety Week

This week, the children have looked at how to keep themselves safe both on-line and in person during our 'Me-safety' week. As part of this, some year groups have looked at Pantosaurus, the Student Friendly Safeguarding policy, stranger danger and on-line safety. We were also lucky to have PC Shelby Gillings in school to deliver an e-safety talk throughout all areas of school. These will all reinforce the important message you teach at home and hopefully, show the importance of these in all aspects of their lives.





Holiday Reminders

In school, we all look forward to the holidays but, we know, that is not always the case in every home. Because of this, we thought we would send details of a few places you can turn to for support while school is closed.

The first is the **Castle Family Hub**, which is on Barnsley Road, where you can go for parenting classes, baby massage, stay and play sessions and parental wellbeing support. If you think you would benefit from anything they offer, you can call them on 09124 303376 or look on-line at: WFTCastleFamilyHub@wakefield.gov.uk

Next, we thought we would remind you about **Andy's Man Club** where any of our Dads or Grandads can go grab a cuppa, chat and get support from their peers. All the groups meet on Mondays at 7pm. To find your nearest group, have a look online at: www.andysmanclub.co.uk

Next, we thought we would let you know about the wellbeing support offered by **Turning Point**. The offer online and in person therapy sessions looking at depression, anxiety, menopause support, sleep and stress to name just a few. You can get more details online at: talking.turning-point.co.uk or on 01924 234860.

Hopefully, you all enjoy the break and have some well earned, precious family time but please remember, it's OK to ask for help. We all need it at some points in our lives.

