

Dear Parent / Carer

My role as Well Being Lead is to mentor and support the children in school to help them find strategies to cope with any emotional challenges they are facing. Through 1:1 sessions or small group work, together we tackle issues such as: low self-esteem or confidence, friendship difficulties, transition to a new class or school, dealing with anger, bereavement or other loss, family breakdown, lack of resilience and any other emotional challenge that might be a barrier to learning.

Sessions can vary from a one off drop-in, to regular scheduled appointments and are tailored to the children and their individual needs. I would welcome you contacting me via the school office if you wish to find out more about what we will be doing.

Your child has been referred to me by their class teacher. I am looking forward to working with your child. I am sure that this work will have a positive impact on their emotional wellbeing within school.

Best wishes

Elizabeth Vedvik

Well Being Lead

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I agree to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ taking part in the intervention support offered to them.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_