



## TEAM WELLBEING SUMMER TERM 2016



### EDITION 1 Parents/Guardians

*Welcome to our newsletter for Positive Mental Health and Wellbeing. In this first edition we would like to introduce ourselves and our roles in school.*

#### HOME/SCHOOL LINK WORKER - SARAH SANDERS

**My role is to offer support to parents/carers and families within the school, in partnership with agencies such as Children's Services, Educational Psychologists, School Health and Police.**

**I Support families pro-actively with attendance, parenting and behaviour issues as well as general concerns that may arise in and out of school. I am able to provide students with one off support, referral to the Pastoral Support Worker or outside agencies where appropriate.**

**In addition I will be introducing a new system called 'Touch Base Time' where students can access my support by way of a drop in session for one off issues. If I am not available there will be slips on my desk for the student, teacher/LSA to complete and on my return I will endeavour to see the student as soon as I am able.**

**You can contact me on: 01252 514194 ex08 or email: [s.sanders@samuelcody.hants.sch.uk](mailto:s.sanders@samuelcody.hants.sch.uk)**

#### PASTORAL SUPPORT WORKER - DAWN TWEEDIE

**My role is to promote positive mental health & wellbeing by assisting students, who are struggling with issues and problems they may not be able to work through on their own. I offer ELSA, (Emotional Literacy Support Assistance) and Informal Counselling.**

**ELSA is usually a 6 week intervention designed to support the student with specific difficulties such as social skills, friendships and relationships, anger management, loss and change and self-organisation. I also run girls/boys groups addressing the areas of learning above.**

**Informal Counselling can be accessed when ELSA support may not be appropriate because the student's issue/s may be more complex or ongoing.**

**You can contact me on: 01252 514194 or email: [d.tweedie@samuelcody.hants.sch.uk](mailto:d.tweedie@samuelcody.hants.sch.uk)**

**TERMLY PARENT COFFEE MORNINGS  
WITH GUEST SPEAKERS STARTING JULY  
5<sup>th</sup>!**

**FURTHER DETAILS TO FOLLOW**



#### YoungMinds

**Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544(Mon-Fri 9.30am-4pm)  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)**



#### A BETTER ME

Hampshire Fire and rescue team are offering a **FREE** 6 week course for year 8 pupils which will focus on health and active lifestyle. The sessions run at Rushmoor Fire Station from 5.00pm-8.00pm Tuesday evenings, commencing mid-June.

If you are interested or would like further information please contact Dan Burden Crew Manager :  
Rushmoor Fire Station, 8 Lynchford Road,  
Farnborough, Hants, GU14 6BF  
[dan.burden@hantsfire.gov.uk](mailto:dan.burden@hantsfire.gov.uk)

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