



Headteacher: Mr A Gallagher

BURGHFIELD ST MARY'S C OF E (CONTROLLED)
PRIMARY SCHOOL

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Dear Parents and Carers

ANXIETY, EMOTIONAL HEALTH AND WELL BEING INFORMATION MEETING:
Monday 18th MARCH 2019

Children's emotional health is key to a child's development. Emotional health is a broad term for dealing with feelings and emotions. There are common signs of poor emotional health. These are anxiety and stress, feeling irritable, sad or low most of the time, not feeling motivated, attention and concentration problems, or self-harm. There can be problems with friendships and relationships, self-image, or a significant life event such as the loss of someone close. Emotional health also deals with wellbeing, living a meaningful and fulfilling life, and reaching your potential. Many people experience poor emotional health at some point in their life, with 1 in 4 people experiencing a mental health problem in any given year (WHO, 2017). Learning to cope with worries and build resilience helps children with friendships and achievement. These are some of the most important skills that your child will develop over their primary school years. The more support and encouragement that you can offer your child in developing these skills, the more likely that he or she will progress with enthusiasm and ease.

Over the past couple of years we have had an increase in parents approaching us about their concerns over anxiety within their child. We have been working hard as a staff on developing skills to support your children in school, however some parents are seeing behaviours at home that they are concerned about.

Therefore we thought it would be useful to share some of our knowledge and skills with you by inviting a professional who has recently been working with us. He works with the Emotional Health Academy. The service opened in April 2016 and works alongside services in the public and voluntary sector, including GPs and schools, to strengthen wellbeing and resilience in West Berkshire children, young people and families

Their goal is to support children and young people as early as possible and to stop emotional health problems from getting worse, through signposting and providing services to address the individual's needs. <http://info.westberks.gov.uk/index.aspx?articleid=35802>

We are holding a parent information meeting to support parents and carers to find out more about anxiety in children and to provide information on how to support children at home. The support given at home is key.

This meeting will take place on Monday 18th March at 1:30-3:00pm. This will be a very interesting and informative session and I would hope that as many parents and carers are able to attend as possible.

To assist us with seating please can you indicate on the slip below if you will be attending and return the slip to the school office or email to office@burghfield.w-berks.sch.uk.

We look forward to seeing you on Monday 18th March and thank you for your continued support.

Yours sincerely



Karen Carmichael
Deputy Headteacher/ SENCo

ANXIETY AND WELL BEING INFORMATION MEETING: MONDAY 18TH MARCH 1:30 pm

Name Child's Class.....

will/will not be attending the anxiety information meeting