

# Supporting our children's emotional well-being and mental health



Supporting our children's emotional and mental well-being is one of our key areas of focus this year. Therefore we are continuing to champion 'Let's Talk', a support service for our children to help in a number of areas such as their emotions and feelings, friendships and readiness for learning.



Let's Talk is led by Mrs Watkins, who has been trained as an Emotional Literacy Support Assistant by Camden's Educational Psychologists, along with Mrs Harrington. We have a dedicated space that children know they can go to called The Bubble - providing a relaxed area for children to spend time and to talk if needed.

On each day of the week children can access a drop in service or they can put notes in special Let's Talk boxes dotted around the school. Mrs Watkins also runs a Lunch Club which rotates termly for each year group, providing an area for those children who may be finding outside playtimes difficult.

**If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's emotional well-being, please contact her through the Office to arrange a convenient time.**

