

Emotional Wellbeing Practitioners (EWPs)  
c/o South Avenue Primary School  
Sittingbourne  
ME10 4SU

Senior Mental Health Lead: Claire Telford  
Contact details: 01795477750

13<sup>th</sup> March 2020

Dear Parent/Carer

In September 2019, we were lucky enough to welcome Emotional Wellbeing Practitioners (EWPs) to South Avenue Primary School. We appreciate many of you will not have had the opportunity to meet them yet. They have previously delivered workshops on 'Understanding Your Child's Behaviour' and 'Understanding Anxiety - You And Your Child'. They will be running workshops on **Understanding your child's Autism Spectrum Condition (ASC) and Understanding your child's Attention Deficit Hyperactivity Disorder (ADHD)** Please see attached flyer for details.

Outlined below is a reminder of what the Emotional Wellbeing Practitioners can offer.

*What are Emotional Wellbeing Practitioners?*

EWPs are part of a new government initiative that aims to promote good emotional wellbeing and mental health by supporting children and their families through prevention, early intervention and education. EWPs are based in schools.

*What support do Emotional Wellbeing Practitioners offer?*

There are a number of different ways that we may be able to support your child:

- Groups and workshops for children on topics such as ways of looking after your wellbeing, dealing with bullying and preparing for moving to secondary school;
- Groups and workshops for parents on topics such as understanding your child's behaviour, preparing for your child's move to secondary school and ways of looking after your child's emotional wellbeing;
- Support for children experiencing anxiety will be provided through sessions offered to parents as this has been proven to be the most effective way to address anxiety in primary school aged children;
- Support for parents who would like to understand more about their child and enjoy their time with their child more (for children under 8);
- Supporting staff in your child's school through training and consultation;
- Supporting the school to develop a 'whole school approach' to emotional wellbeing and mental health.

*How does my child access this support? How do I access this support?*

Groups and workshops may be provided to your child in school and you will be informed if your child is included. Groups and workshops for parents will be advertised by school. If you would like to receive support for you child who is experiencing anxiety or you would like support to understand your child's behaviour more and enjoy your time with your child more (for parents of children under 8), then you will need to complete a brief request for support form. These will be available on the school website, under the parent heading, sub heading Trailblazers.

If you would like to discuss any of the above information, please contact the Mental Health Coordinator, Mrs Goatham or Designated Mental Health Lead, Mrs C Telford.

We hope that this information is helpful to you. We are very much looking forward to working with South Avenue Primary School.

Yours sincerely

Swale EWP Team

Mrs D Goatham  
Mental Health Coordinator





# South Avenue Primary School

South Avenue, Sittingbourne, Kent ME10 4SU

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Headteacher: Miss Samantha Fenn

Dear Parents/Carers

13<sup>th</sup> March 2020

**Invitation to: Understanding your child's Autism Spectrum Condition (ASC)**

**Invitation to: Understanding your child's Attention Deficit Hyperactivity Disorder (ADHD)**

The Emotional Wellbeing Team is delighted to let you know that it will be running 2 workshops, one aimed at providing parents and carers with an opportunity to learn more about ASC and one aimed at providing parents and carers with an opportunity to learn more about ADHD.

Understanding your child's Autism Spectrum Condition (ASC)	Understanding your child's Attention Deficit Hyperactivity Disorder (ADHD)
This workshop will cover: -Understanding ASC traits -Learning about social communication, relationship and emotion regulation skills -Practical ways of supporting your child with ASC related difficulties.	This workshop will cover: -What is ADHD? -How common is ADHD? -Causes of ADHD -Common difficulties for children and families with ADHD -Practical ways of supporting your child with ADHD related difficulties.
<b>Thursday 26<sup>th</sup> March at CANTERBURY ROAD PRIMARY SCHOOL</b> Exact location: The Willows Time: 13.00-15.00pm	<b>Thursday 30<sup>th</sup> April at SOUTH AVENUE PRIMARY SCHOOL</b> Time: 13.30-15.00pm

The workshop will give parents ideas of simple and effective strategies they can utilise to best support their child if they are struggling.

There are a limited number places available. However, if there is sufficient demand, we will run a repeat session at a later date.

To request a place on one or both of the workshops, kindly complete the attached slip and **return back to the school office by Friday 20<sup>th</sup> of March 2020.**

I would like to attend the Understanding your child's Autism Spectrum Condition (ASC) at Canterbury Road school, on Thursday 26 <sup>th</sup> March 2020 at 13.00pm. <input type="checkbox"/>	I would like to attend the Understanding your child's Attention Deficit Hyperactivity Disorder (ADHD) workshop on Thursday 30 <sup>th</sup> April at 13.30pm. <input type="checkbox"/>
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Parent name : \_\_\_\_\_

Parent signature: \_\_\_\_\_

Child's name: \_\_\_\_\_

Child's class: \_\_\_\_\_