



St Paschal Baylon Catholic Primary School

Following In The Footsteps Of Christ

Friday 19th March 2021

Dear Parents/ Carers,

The past two weeks in school have been full of activity and excitement as we have welcomed all of our children back into school. It has been lovely to see so many children happy to be back with their friends and learning in class again. We understand that this has also been a challenging time for many children and recognise that some children have been anxious about the return to school, changes in routine and facing school work again. Many parents have reached out to the school to talk to staff about their child's emotions at this time and we thank you for communicating with us about this. In school, the staff are working hard to ensure our children have the opportunity to talk about their feelings and understand that it is normal to feel anxious during times of change. We have been using the ROAR Rainbow and carrying out weekly activities to help children develop strategies that help them to recognise and positively manage their own feelings. We had some fantastic feedback from the children about the relaxation sessions with Miss Maguire in our first week back in school!

As you may be aware, our school is part of Liverpool's Whole School Approach to Supporting Children's Mental Health and Well-being. As part of this, we work closely with a designated Education Mental Health Practitioner who offers support to the school by helping children and families with emotional well-being and mental health needs. I am delighted to be able to offer parents the opportunity to join a course run by our Education Mental Health Practitioner to help parents support their children who may be struggling with anxiety. The course is for parents who feel their child/ren have lots of worries or struggle in social situations as a result of anxiety. It is also for parents who feel their child/ren have particular worries or fears which prevent their child from taking part in activities. It is an informative course, based around the theory put forward by the practitioner Cathy Creswell who wrote the book 'Helping your Child with Fears and Worries.' The course offers parents insight into the nature of anxiety in children and offers parents strategies for supporting their child/ren through enhancing their child's communication about feelings, supporting emotional regulation through calm time and developing their child's self-esteem and self-belief. The course takes place over six sessions and is a mixture of virtual online sessions and telephone consultations with the Education Mental Health Practitioner.

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www.paschalbaylon.org.uk



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If you would like to take part in the course, please ring the school and ask to speak to Miss Kavanagh by **Wednesday 24th March**. There are limited places available so places will be allocated on a first come, first served basis.

However, if there is sufficient demand, the course will be repeated on a rolling programme for as long as there is a need for it.

I would encourage any parents who are concerned that their child is struggling with anxiety to sign up for the course so that home and school can work together in supporting our children through these challenging times and on into the future.

With thanks for your continued support

Lucy Kavanagh
Deputy Head teacher
Mental Health Lead

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