

Date: 07/01/20

Pupil Emotional Health and Well-being Support

Dear Parents/Carers

I am writing to introduce Child Action Northwest (CANW) to parents/carers and pupils who attend Lowton High School.

CANW has been in existence for over 130 years since the founding of Blackburn Orphanage, in Lancashire in 1886. The Head Office in Wilpshire, Blackburn is no longer used as an orphanage however many of the issues that caused children to be placed there still exist today, and this is why we continue to evolve to meet the needs of children and young people, families and communities.

One of the school services within CANW is the **Emotional Health & Wellbeing service** which is made up of specialist practitioners' which deliver high quality evidence - based interventions drawing upon a wealth of knowledge, experience and practice within their respective fields.

On returning to school this month- **January 2020**, we will have a **designated Emotional Health and Wellbeing practitioner** based in school **1 day per week each Tuesday**. This support will be available for all pupils to access, through 1-1 support sessions, group activities and a break/lunch time 'drop in' service should any pupil feel the need to talk to the practitioner. There will also be opportunities for families to meet the EHWB practitioner, attend information sessions to find out more about the service and it could be that due to family circumstances, you request to access support with the EHWB service in school.

What is Emotional Health & well-being support;

Emotional Health & well-being support, will provide pupils with a regular and confidential space to talk about any worries or problems that they might be experiencing. Being able to talk things through in a confidential setting, with regular appointments over a period of time can often help them see things differently. This can lead to positive changes in how they feel about themselves, their relationships with friends and family. It can also change their thinking and their behaviour in different situations both in and out of school.

Is it confidential?

Yes, this is a confidential service, offered to all pupils however there are exceptional circumstances when confidentiality needs to be broken. This is clearly explained to them at the start of any therapeutic relationship, to ensure all pupils are adequately safeguarded.

How does it work?

Having thoughts, feelings and worries listened to, clarified or understood by someone who is not directly involved can be really helpful. Having a confidential setting and regular time to talk enables them to build a trusting relationship with which to understand themselves better or get further help in other places if they need it. It can also enable them to see alternative choices to help them move forward. Sometimes just 'talking things through' can help them to feel more confident about something they had on their mind.

What kind of things might a person talk about in a session?

The issues are wide and varied. Some of these include:

- anxiety
- exam stress
- bullying
- family
- behaviour
- relationships
- bereavement
- self-harm
- depression/low mood
- sexuality
- divorce & separation
- substance misuse

We feel this will be a valuable service in school, providing an early intervention response, which improves outcomes and delivers a consistent approach to supporting pupils Emotional Health and well-being needs.

Yours sincerely
