



# Ark Dickens Primary Academy

26<sup>th</sup> August 2020

Dear Parents/Carers,

It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing as they move through life. We want all children at Ark Dickens to understand the importance of health and wellbeing to give them the skills to live healthy and happy lives. As a school we understand that now more than ever the importance of health and wellbeing. We will be providing a range of resources to ensure our children feel happy and secure. As the school health and wellbeing lead I will be developing a whole school approach to support mental wellbeing by:

- Teaching every class about health and wellbeing and the importance of building resilience and preventive strategies.
- Identifying and creating bespoke interventions to support children's need.
- Developing links with specialist mental health services to further support our children and families.
- Help children to understand their feelings and emotions.
- Promote self-esteem and ensure children understand their importance.
- To help children develop resilience to manage setbacks.

As Ark Dickens prepares for reopening we know that most staff, pupils and families are looking forward to coming back and reconnecting with the school. However, this will be a time of change where new routines and rules will be implemented to ensure everyone feels safe and happy. Due to the changes there may be some anxiety, or an element of feeling overwhelmed which is a common feeling when change has occurred. As a school we want to ensure the transition back to school is a positive experience for all our children. The transition period is something that will be worked on over time, to aid the transition I will be working with children during the school day on an individual and group basis.

As a school the well-being of our students is of the utmost importance and I look forward to being able to provide your child with further support throughout the upcoming academic year.

Kind Regards

Mr Morris  
Head of PE and well-being

