

Alderman Jacobs Primary School (Academy Trust) is committed to Emotional Health and Wellbeing. As a school we seek to actively promote the Mental health of our pupils and require that all staff and visitors share this commitment.

This leaflet has been produced to support Parents and Carers of children who are may be showing Emotional health needs.

If you are worried about the Emotional Health and Wellbeing of any pupil within our Academy you must report this to the Designated Lead and Personnel for Safeguarding, these being

Mrs D Burt  
Mrs A Shepherd  
Mrs N Baker  
Mrs S Holdsworth  
Mrs C Carlisle  
Mr T Goakes ( Governor)



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**Emotional Health and Wellbeing for  
Parents and Carers**

**Headteacher: Mrs Carlisle  
Chair of Governors: Mrs Holland**

We wish to ensure the Emotional health and Wellbeing of both the pupils and staff at Alderman Jacobs Primary School (Academy Trust) and of yourself, and so please take a few moments to read this leaflet.

Thank you

## Support from outside agencies

There are other services that are free of charge and are available for you to access.

**Family Worker** : Beatrice Dark

**CHUMS—Mental Health and Emotional**

wellbeing Tel: 0330 0581 657

www.chums.uk.com

## Head Space

This is for children aged 0-8yrs who have

emerging mental health needs.

Contact: 03154 293123

## For older children

**YPCS—Young peoples counselling services**

11-16 yrs

12 free sessions

Contact : 0800 634 4395

## KOOTH

Free safe online support for young people

Email: kooth.com

## Presenting issues.

- Low mood
- Low self worth

• General low level Anxiety

• Relationship difficulties

• Mild forms of self harm.

• Mild to moderate behaviour.

## How we can help

- Understand the issues that children face day to day.
- Have the skills to effectively support them
- Help develop resilience
- Early identification and intervention
- Confidentiality

## Emotional Health and Wellbeing at

**Alderman Jacobs Primary School**

**(Academy Trust)**

At Alderman Jacobs we pride ourselves on helping support children and families and staff with Emotional Health and Wellbeing needs. We have members of staff that have had training in emotional health and wellbeing, who can recognise a child who may show signs of anxiety, low mood, low self esteem etc.

## Our aim

To Help develop protective factors which child build resilience to mental health problems and to be a school where:

- All children and staff are valued
- Children have a sense of belonging and feeling safe.
- Children can talk openly with trusted adults about their problems without feeling any stigma.
- Positive mental health is promoted and valued.
- Bullying is not tolerated.