

Alderman Jacobs Primary School 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 there is anything you are concerned about and you wish to discuss further . Please speak with a member of the designated team.

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

Mr R Isley  
Mrs E Clarke  
Mr M Fry  
Mrs S Holdsworth  
Mrs N Baker ( Governor )



## Emotional Health and Wellbeing for Parents and Carers

**Headteacher: Mr M Fry**  
**Chair of Governors: Mrs L Hemmaway**

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

Alderman Jacobs Primary School  
(Soke Education Trust)  
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## Emotional Health and Wellbeing at

### Alderman Jacobs Primary School

#### (Soke Education 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.

#### 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

#### Support from outside agencies

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

#### Education Inclusion Family Worker

Beatrice Dark  
07584 522 381

#### Youngminds

Offer support for young people up to the age of 25. Contact via webchat, email or helpline.  
0808 802 5544  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

#### Head Space

This is for children aged 0-8yrs who have emerging mental health needs.  
Contact: 01354 293123

#### YPCS—Young peoples counselling services

Contact : 0800 634 4395

#### For older children

#### KOOTH

Free safe online support for young people  
Email: [kooth.com](mailto:kooth.com)

#### NHS Every Mind matters

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

#### Cambridgeshire & Peterborough Mental Health

#### Keep your head

<https://www.keep-your-head.com/>

#### MIND

<https://www.mind.org.uk/>