



Dear Parents and Carers,

My name is Miss Nabdo and I am the Family Liaison Officer here at Bickley Primary School.

My role is to provide support, advice and information to families within our school community who may be experiencing challenges and to support them whatever the need may be.

If parents have any worries in relation to their child's education, behaviour and wellbeing, I am here to provide a listening ear. Any child, parent or carer of the school can speak to me in confidence or ask for support.

All support and advice is confidential and impartial. So if you would like support in any area, whether that be completing any forms (eg. Free School Meal applications, secondary school applications) or signposting to bereavement support, I am here to help.

Please don't be afraid to get in touch for an informal chat - I'm really not scary! I'm also very honest – if I can help, then I will, but if I am not able to help directly, then I will signpost you to the relevant information and agencies that can offer more advice and support!

My job is to be able to provide high quality, well planned pastoral support and guidance to pupils and their families in order to promote high expectations, raise aspirations and facilitate academic progress. My aim is to continue to build effective relationships with families in conjunction with the class teachers to help resolve any issues that may be negatively impacting on your child's emotional well-being. I encourage the children to develop metacognitive learning behaviours when persisting with difficult tasks, such as overcoming frustration, setting and achieving goals, seeking help, working with others and developing, managing, and perceiving their sense of self-efficacy. By promoting and developing self-esteem and independence, we are able to raise children who have lifelong strategies to develop good mental health and also know what they can do at times of challenge.

At Bickley Primary, we feel a huge responsibility to support our children and staff in developing positive strategies to support their mental health and emotional wellbeing. We have placed mental health and wellbeing at the top of our agenda and believe that removing the stigma surrounding mental health is of great importance. I maintain record

keeping in accordance with the policies and procedures in place at school and ensure information is forwarded to the Safeguarding and Child Protection Lead if this is ever appropriate.

Ultimately, my aim is to ensure we are meeting the needs of our children and families!

Please don't hesitate to contact me. If you have a concern or a matter on which you would like advice or support, I will do my best to assist you and/or your child(ren).

You can get in touch by calling the school office on: **0208 460 6790** or emailing:

admin.office@bickley.bromley.sch.uk or emailing me directly on

amy.nabdoo@bickley.bromley.sch.uk

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.

Physical health and mental wellbeing are interlinked, and it is important that pupils understand that good physical health contributes to good mental wellbeing, and vice versa.

Pupils should know:

- *that mental wellbeing is an important part of daily life, in the same way as physical health*
- *that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations*
- *how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings*
- *how to judge whether what they are feeling and how they are behaving is appropriate and proportionate*
- *the benefits of physical exercise, time outdoors, and communication and time spent with others on mental wellbeing and happiness*
- *simple self-care techniques, including the importance of rest, sleep, healthy eating, time spent with friends and family and the benefits of hobbies and interests*
- *isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support*
- *that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing*
- *where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about*

their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)

- *it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available - especially if accessed early enough*

Physical health and mental wellbeing DfE 2000

A FEW USEFUL LINKS

Please click on the links below for other organisations that support children's mental health and wellbeing

[Anna Freud Centre](#) - A children's mental health charity providing specialist help and training and carrying out research.

[YoungMinds](#) - YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

[Childline](#) - Childline is a counselling service for parents, children and young people. Help and advice is free and confidential.

[Mind](#) - National mental health charity, which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind Associations.

[Samaritans](#) - Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into branch to have a face to face meeting.

[MindEd](#) - MindEd is a free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child.