

# Windmill Primary School



5<sup>th</sup> September, 2017

Dear Parent / carer,

Here at Windmill Primary we are privileged to enjoy the benefits of a designated member of staff that specialises in pastoral care & child well-being. This support can and will be extended to any of our children should we, or indeed you as parents or carers, believe it necessary or beneficial. These sessions can be 'one off' discussions or a sequence of planned sessions. The areas most commonly supported are:

- Self-esteem (1:1 or small groups)
- Anxiety & worries
- Trauma, such as family bereavement
- Parental separation / home situations
- Developing social skills
- Raising confidence
- Managing anger

Our children spend a great deal of time within the school environment and our primary aim is to ensure their continued development, well-being, fulfilment and happiness.

My role will continue to incorporate family support functions and I would therefore invite parents/carers to discuss any concerns or worries they may have. Together we can gauge the best course of support for your child; this could include support strategies for the family, too. There are many professionals & specialist agencies available to provide advice - these are purely support services and can offer valuable assistance and information.

If you feel I could assist you, please contact me to arrange an appointment.

Best regards

Amanda Cowley

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