

Emotional Wellbeing Practitioners (EWPs)
c/o Sturry CEP
Park View, Sturry, Canterbury, CT2 0NR

Mental Health Lead: Sarah Partridge
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Dear Parent/Carer

12/01/2021

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Introducing the Emotional Wellbeing Practitioners at Sturry CEP.

Sturry CEP welcomes the opportunity to host Emotional Wellbeing Practitioners (EWPs) at your child's school. The EWPs are hoping to get to know you and your child over the coming weeks and months, offering support when needed and finding out your ideas about how we can all work together to support the emotional wellbeing of pupils at Sturry CEP.

What are Emotional Wellbeing Practitioners?

EWPs are part of a new government initiative that aims to promote good emotional wellbeing and mental health by supporting children and their families through prevention, early intervention and education. EWPs are based in schools.

What support do Emotional Wellbeing Practitioners offer?

There are a number of different ways that we may be able to support your child:

- Workshops for children on topics such as managing worries and preparing for moving to secondary school;
- Groups and workshops for parents on topics such as understanding your child's behavior, preparing for your child's move to secondary school and ways of looking after your child's emotional wellbeing;
- Support for children experiencing anxiety will be provided through sessions offered to parents as this has been proven to be the most effective way to address anxiety in primary school aged children;
- Support for parents who would like to understand more about their child and enjoy their time with their child more (for children under 8);
- Supporting staff in your child's school through training and consultation;
- Supporting the school to develop a 'whole school approach' to emotional wellbeing and mental health.

How does my child access this support? How do I access this support?

Workshops may be provided to your child in school and you will be informed if your child is included. Groups and workshops for parents will be advertised by school. If you would like to

Chair: Joe Fielder
Chief executive: John Brouder

receive support for your child who is experiencing anxiety or you would like support to understand your child's behavior more and enjoy your time with your child more (for parents of children under 8), then you will need to complete a brief request for support form. These will be available from Weduc or the school office.

If you would like to discuss any of the above information, please contact the Mental Health Lead, Sarah Partridge, sarah.partridge@stouracademytrust.org.uk

We hope that this information is helpful to you. We are very much looking forward to working with Sturry CEP.

Yours sincerely

Canterbury and Coastal EWP Team

Sarah Partridge, Lead for Mental Health