

Thornwell Primary School & Nursery Unit

Meet the Wellbeing Team!



Wellbeing Newsletter Autumn 2024



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ALNCo and Family



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Rebecca Tregaskes
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Wellbeing Team



Celia Merrick
ELSA/Forest school lead
Wellbeing Team



Hannah Smith
Nurture Support
Wellbeing Team member



Helen Adams
ELSA
Wellbeing Team member



Sharron Swanson
Horticulture Therapist
Wellbeing Team member

Autumn Message...

Looking after our mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health. Staying on top of our mental wellbeing is good for us now but also helps us deal manage difficult times in the future. Over time, it can also reduce our risk of physical health problems. There are lots of things we can do to look after our mental health and wellbeing every day. Make a start with 7 top tips from the NHS "Every Mind Matters" website at <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/> This website includes short video clips to support you with (amongst other things) mindful breathing, healthy living, how to improve your sleep health and how to reframe negative thoughts.

Useful Parent Links

Monmouthshire SPACE wellbeing and Family Support panel is a process through which professionals and families can seek early help and support. This includes support around practical issues (housing, finance, etc.); parenting; and children's mental health and emotional wellbeing.

contact details for the Monmouthshire SPACE Wellbeing and Family Support Panel are - 07970166975 / SPACEWbandFamilySupport@monmouthshire.gov.uk

Whether you are experiencing anxiety, depression, trauma, or any other emotional challenge, Basecamp is here to provide you with the care, support, and guidance you need to move forward. We are committed to working with you every step of the way.

<https://www.basecamp-chepstow.co.uk/>

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How does Thornwell Monitor pupils wellbeing?

Along with our observations and good relationships with pupils, the following surveys and questionnaires are used to support our school in early identification of wellbeing needs in order to support all learners.

⇒ Pass Survey, SHRN Survey, Happen Survey, Pupil Questionnaires.

What does Thornwell Offer to all pupils?

- Thornwell Fferm Fach
- Land based learning-Forest school and outdoor learning
- Trauma informed education
- Jigsaw-Wellbeing framework for learning
- Family Liaison Officer
- Thornwell Swap Shop
- Healthy Schools policy
- T51-Thornwell's 51 activities children will experience at school
- Engaging curriculum
- ASD awareness
- ACE informed practice

What can Thornwell offer?

- Diamonds/Cwtch Corner
- ELSA
- Young Carers
- Horticultural Therapy
- Outdoor Coaching
- TLG (Transforming Lives for Good)
- Lego Therapy
- Drawing Therapy
- Social Stories
- Circle of Friends
- PSP and PHP

What can Monmouthshire offer?

- Face2Face Counselling
- STAR programme (Cyfannol)
- Acorns
- Building Stronger Families
- Male Mentoring (Cyfannol)
- Educational Psychology
- Pupil Referral Service support
- Play Therapy
- School Nurse
- Specialist CAMHS
- EOTAS
- Space Wellbeing ND
- CP and CASP support
- Bespoke Timetable