

WELLBEING NEWSLETTER



JANUARY
2026

What is coming up...

COFFEE MORNING

Come and say hello to Sarah our EMHP. She has now completed her training and will be working within School on Mondays and running some parent workshops.

Come and learn about how she can support children, parents and families whilst having a coffee or cup of tea!

Coffee Morning - Monday 19th January 8.45-9.30am

Sarah is keen to hear your views on how she can help our school community!

ANXIETY PARENT WORKSHOPS

Sarah will be running parent workshops to support families from 8.45am -9.30am with a 9am start around anxiety.

Monday 26th January - EYFS parents

Monday 2nd February - KS1 parents

Monday 9th February - KS2 parents

BEHAVIOUR PARENT WORKSHOPS

Sarah will be running parent workshops to support families from 8.45am -9.30am with a 9am start around behaviour.

Monday 23rd February - EYFS parents

Monday 2nd March - KS1 parents

Monday 9th March - KS2 parents



Sarah Brough

EDUCATION MENTAL HEALTH PRACTITIONER



Drawing and Talking

Sarah will start Drawing and Talking sessions with nominated children on Monday 12th January for 6 weeks.

We are excited to offer different sessions for year groups over this academic year!

Diary Dates

- Coffee Morning - Monday 19th January 8.45am - 9.30am
- Anxiety Workshops - 26th January, 2nd February, 9th February
- Behaviour Workshops - 23rd February, 2nd March, 9th March