



Wellbeing sessions

From time to time our pupils may need the opportunity to talk about their feelings, should they be managing a change in their life, such as, joining a new school, moving house, feelings of being overwhelmed by exams or them trying to navigate friendships and social media. This time may not require counselling sessions but just a little time and space to explore how they are feeling.

The sessions will provide a quiet, private space for your children to sit and engage in creative therapy, such as, drawing and colouring. They will also have the opportunity to talk, reflect and feel listened to.

We understand that every child is unique and may have different needs in the session, therefore Mrs Holland will ensure that the sessions are very much tailored to their needs. Sessions incorporate building confidence and self esteem, whilst reducing worry and anxiety.

If you would like more information concerning wellbeing sessions, please do not hesitate to contact me.

Mrs Holland.
Health and Wellbeing Officer.