

March 2026

Dear Parents and Carers

Hello there. How are you doing? I hope you are OK.

If you are struggling, at the moment, that is OK. I encourage you to reach out and ask for help. You are very welcome to speak with us at school, or you could contact your GP. Please look on our MHEW page on the school website for information which you may find useful too.

At St. Andrew's we teach your children that:

- We all have Mental Health, sometimes it is good and sometimes it is not.
- It is OK not to be OK.
- It is good to talk.
- Asking for help is a strength.
- We all need help sometimes.

I am writing to you today following up on the MHEW survey I sent out a few weeks ago.

I would like to say a big thank you to those parents and carers who have taken the time to complete the survey and return it to school.

At St. Andrew's we believe strongly that we are a team, we cannot do our job to the best of our ability without a relationship with our parents and carers.

Thank you for your positive feedback, your honest answers and your suggestions of ways we can move forward. At St. Andrew's we are reflective practitioners who are always keen to improve.

I am thrilled to share with you some percentages from the survey, which have highlighted how you and your children feel about being a part of our school. I have received 33 replies. If you would still like to return yours, I would love to read it. Thank you.

79% strongly agree that their child feels safe at school.

12% agree

9% are not sure

73% strongly agree that their child feels they belong to school

24% agree

3% are not sure

These results reflect the culture that we strive for at St. Andrew's. It is vital that your child feels safe at school and that they belong. Our recent Mental Health week focused on belonging, so hopefully the learning throughout this week has widened your child's knowledge and understanding.

B Be kind

E Everyone included

L Learn together

O Offer help

N Notice friends

G Grow together

91% say their child has an adult at school that they feel comfortable talking to

9% are not sure

We talk with the children at St. Andrew's about who their trusted adult could be. A trusted adult is a member of staff who you know will listen to you. I am pleased to hear that 91% of your children feel comfortable talking to an adult at school.

52% of parents and carers strongly agree that the school supports their child's emotional needs well

42% agree

6% are not sure

At St. Andrew's we have Areas of Self-Regulation in every classroom. The children are encouraged to place their photo / or a lolly stick onto the colour that represents how they are feeling. The colours are **blue - sad, ill, bored, or tired**, **green - happy, calm, focused and ready to learn**, **yellow - excited, silly, anxious or nervous**, and **red - angry, frustrated, or scared**. An adult can then approach your child to talk to them about their feelings.

Children are encouraged to name how they are feeling, as they get a little older, they can talk about what happens to their body when they are experiencing different emotions.

We teach the children strategies to help them to self-regulate and calm down. These include:

- Counting to 10
- Finding a quiet space
- Being creative, e.g., reading, colouring, listening to music, dancing
- Getting outdoors – being in nature is super helpful
- Being active, e.g., star jumps, running on the spot, pushing against a wall

56% of parents and carers say that they feel informed about how the school supports children's Mental Health and Wellbeing

36% say they mostly feel informed

8% say they do not really feel informed

Supporting children's Mental Health and Emotional Wellbeing is about creating a safe, loving environment where children feel heard, understood and secure. Wellbeing is built through relationships and routines.

53% of parents and carers strongly agree that the school communicates promptly about their child's wellbeing

38% agree

9% think the school sometimes communicates promptly

89% of parents and carers feel comfortable approaching school, if their child is struggling with their emotions

9% feel mostly comfortable

2% are not sure

It is so valuable to us that you feel able to contact school if you have any concerns. Please remember to talk to your child's class teacher in the first instance, followed by the Head of Year – Ms. Heath Foundation Stage, Mr Crossinggum Year 1, or Mrs Towns Year 2. You may also contact our SENDCO Mrs Whitlock jwhitlock@standrews-inf.co.uk, myself Jacqueline Stephen (Senior Mental Health Lead/Seahorse Class teacher) jstephen@standrews-inf.co.uk, or Mrs. Meakins our Headteacher. We are here for you and your child.

58% feel their child expresses their feelings at home very well

39% feel their child expresses their feelings well

1.5% say sometimes

1.5% say with difficulty

42% of parents and carers say their child is not currently showing emotional difficulties

39% say their child is occasionally showing signs of emotional difficulties

9% say their child often shows signs of emotional difficulties

9% say their child regularly shows signs of emotional difficulties

As parents and carers, it is helpful to remember that all young children will, at times, experience big emotions. This is a natural part of growing up and being a human being. If we validate these emotions for our young children, this will support them in understanding it is OK to experience many different feelings.

At St. Andrew's we teach the children that all emotions are OK. We also teach them to think about how we react when we are feeling cross, angry, mad, excited. It is not OK to hurt those around us or to break property. We remind children to have kind hands, kind feet and kind words.

When your child is experiencing big feelings, you need to be there with them to help them to feel calmer through co-regulation.

Co-regulation is a process where an adult helps the child to manage their emotions, behaviour, and stress through supportive, calm interaction.

Once your child has calmed down you will then be able to talk with them about their feelings and what happened.

Please find below a few websites which I find supportive regarding Children's MHEW. Please also remember to look after your own MHEW. It is important that we, as adults, look after ourselves too. We cannot pour from an empty cup.

www.youngminds.org/parent/

www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/

www.happymaps.co.uk/

www.nspcc.org.uk/advice-for-families/

www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health

<https://thismayhelp.me/> (Sleep, anxiety and everyday worries)

Author Jacqueline Stephen (Senior Mental Health Lead)

www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

Websites to support adult Mental Health

www.nhs/mental-health/

www.nhs.uk/every-mind-matters/

<https://pandasfoundation.org.uk/> (Pre and post-natal mental health difficulties)

www.familylives.org.uk

www.samaritans.org/

www.thecalmzone.net/ (Suicide prevention)

Take good care of you and those around you

Kind regards

From Jacqueline Stephen

(Class teacher in Seahorse Class, Senior Mental Health Lead)