



*" will enable children
to reach their full potential"*

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SCHOOL ACADEMY

**Head Teacher:
Mrs Wendy Angus**

22nd March 2017

Dear Parents/ Carers,

In January 2017 the government announced measures to promote positive mental health in schools, communities and workplaces. As an infant school this means supporting children to talk about their feelings and emotions so that they can improve their resilience.

In order to support the measures set out by the government recently, the staff have all attended an attachment awareness course within school. The course gave insight into the neuroscience of human development. It emphasised the message that in order for children to learn effectively they have to feel safe and secure, having positive attachments at school and home.

One way that we are supporting children to feel secure in school and therefore build their resilience is through emotion coaching. This enables children and young people to manage their own behaviours through helping them to understand the different emotions they experience, why they occur and how to handle them. In school we are implementing emotion coaching through a practical three-step process.

Hopefully, with continued hard work from the staff and children and support from home the children will become more resilient, supporting their mental health now and for the future. If you would like any more information about emotion coaching or attachment awareness visit our website

<http://www.fulwellinfant.org.uk/> and follow the link –
http://www.fulwellinfant.org.uk/downloadable/letters/emotion_coaching.pdf

Thank you for your on-going support.

Yours sincerely,

Mrs Wendy Angus
Headteacher

The contents of this letter are confidential and are intended solely for the addressee.

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