



# FLO Newsletter

Welcome to Mrs Wright's Monthly Newsletter, a chance to share advice, support and tips linked to adult and child wellbeing.



## Spotlight on a Service Help Your Child Thrive

Help Your Child Thrive is run by Una Archer, an Educational Psychologist who runs workshops and information sessions aimed at parents and carers.

"My work with parents is about figuring out how we can navigate the challenges and what steps will help to nurture your connection and reduce tension at home."

On Wednesday 12th February, Una is running a FREE online workshop:

"Creating Emotional Safety for Children Struggling with Anxiety"

Please talk to Mrs Wright for further information.



## Emotional Wellbeing Team

We are delighted, and privileged, to be working with the West Kent Emotional Wellbeing Team; a service that works with young people and parents and carers to support and improve their mental health. They work with children within school but also offer parent workshops and advice on a range of topics.

Please talk to Mrs Wright if you would like to know more about the services on offer.



## Attendance

Thank you for your ongoing support with your child's attendance.

It is important that we work together to ensure children are in school, learning and thriving. The class with the best attendance in December was Chestnut with 98.1%.

Well done Chestnut!

Happiness



## Nuture UK

One of our school priorities is to enhance our whole school nurture provision through the Nuture UK accreditation process.

Nuture UK are an organisation dedicated to improving the social, emotional, mental health and wellbeing of children and young people. More information will follow this term.

Progress

Success