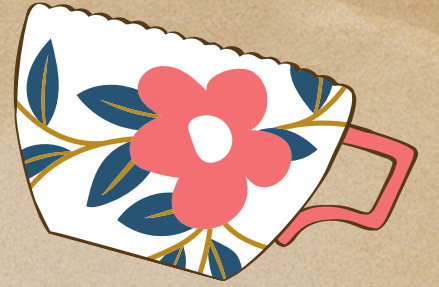


Mental Health and Wellbeing



At Long Lane the mental health and wellbeing of our children and families is of the utmost importance to us. We understand that there may be times when our pupils and maybe their families too, may need additional support. We pride ourselves on being an approachable and caring school, with safeguarding at the heart of all we do. We encourage you to come and speak with us if you have any concerns for your child's or your own wellbeing.

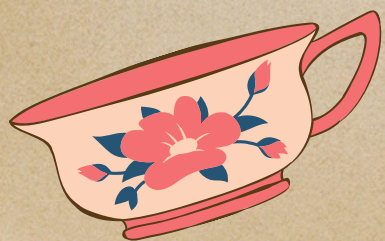
Our Mental Health and Wellbeing team are:

Mrs T Allison – Designated Safeguarding Lead (DSL)

Miss K Penn – Senior Mental Health Lead & Deputy DSL

Mrs S Syrad – Family Support Worker and ELSA

Mrs C Mowbray – Deputy DSL



What Is Wellbeing ?

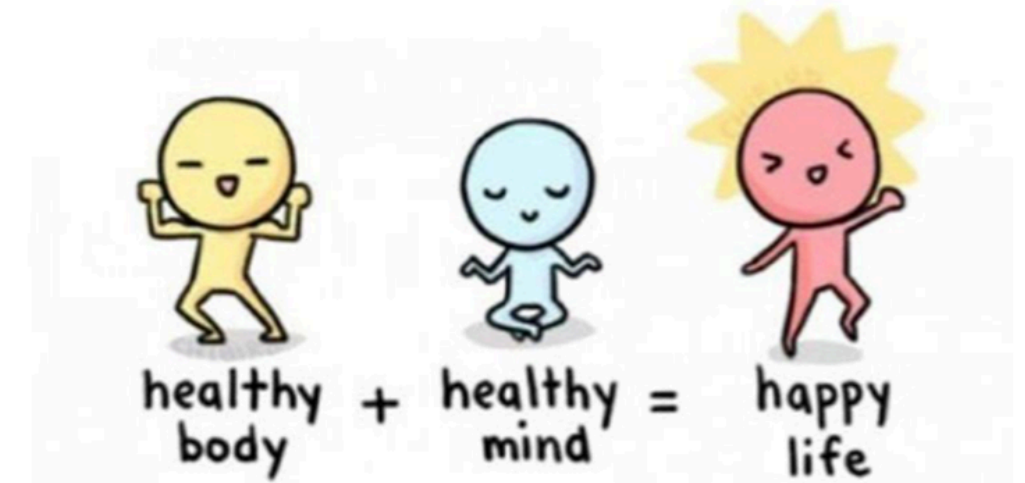


Wellbeing involves both your **mind** and your **body**.



Wellbeing is about **living** in a **healthy** way that is positive for you and for others around you.

Basically...



click the link





Who to go to for help...

Friendship issues?

Difficulty getting your child to come to school?

The best person to contact with these concerns would be your child's class teacher. If they are unable to help then they will be able to point you in the direction of a member of staff who can.

Worried about your child's health, behaviour, progress or classroom issues?

Homework hassles?



Change of teacher? Friendships?
Confidence? School work? Family troubles?
Divorce or separation? Illness within the family?
New sibling? Bereavement?

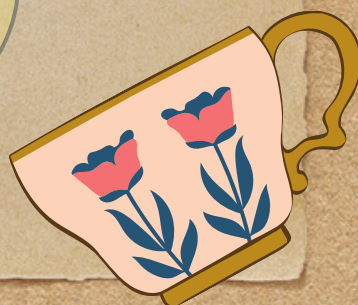
Family worries? Parent illness? Change in
family circumstances? Difficulties making
ends meet? Housing problems? Parent in
prison?

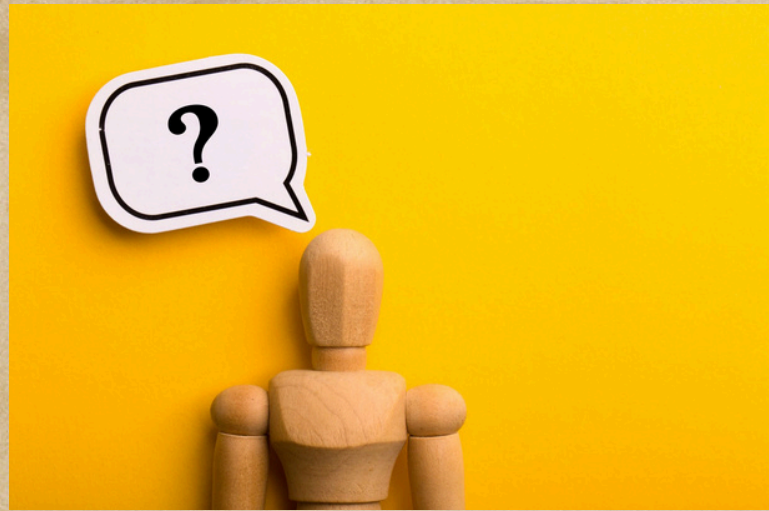
If
something
is worrying
your child...

Discuss these issues with the class teacher, or if you would prefer you can speak to Mrs Syrad - Family Support Worker. We can offer ELSA support in school. If this is not appropriate, parents or school can refer to Emotional Health Academy. If we feel it necessary, we have contact with many other services and should be able to point you in the right direction of help. Please make contact with us through the school office or email familysupport@longlane.w-berks.sch.uk

If
something
is affecting
your
family...

Contact Mrs Syrad, our Family Support Worker, for advice. If we cannot help in school, we probably know someone who could help you. We are in contact with a wide range of services and other agencies who may be able to support. Please make contact with us through the school office or email familysupport@longlane.w-berks.sch.uk and someone will get back to you.





Who to go to for help...

click on the links for more information

