



Lavant

C.E. Primary School

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Dear Parents/Guardians,

As you may know, Thursday, 10th October is World Mental Health Day. At Lavant Primary School, we believe that children thrive when they feel happy, secure, and valued. Supporting the mental health and wellbeing of every member of our school community is therefore a top priority. We understand that positive mental health is essential for children to flourish and lead fulfilling lives, both now and in the future.

We have adopted a whole-school approach to mental health and wellbeing, making it a central part of our school culture. By fostering an environment of openness and understanding, we encourage pupils, staff, and parents to talk about emotional challenges. Recognising and addressing these challenges early is key to building resilience and supporting long-term wellbeing.

We also understand that navigating the resources available to support your child's mental health (and your own) can sometimes feel overwhelming. Therefore, to mark World Mental Health Day, we have provided a list of helpful websites where you can find further information and support for both your child's and your own wellbeing. We've also attached an additional Parent Toolkit for Wellbeing.

Thank you for being part of our community, and for your continued commitment to the mental health and wellbeing of our children.

Kind regards,

Nicola Ellis

ELSA and Mental Health Lead
Lavant Primary School



Resources to Support Your Children's Mental Health and Wellbeing

YoungMinds

[youngminds.org.uk](https://www.youngminds.org.uk)

A leading charity dedicated to children and young people's mental health, offering information, advice, and a parent helpline.

Childline

[childline.org.uk](https://www.childline.org.uk)

A free, confidential service for children and young people to talk about any concerns they have, including mental health issues.

Anna Freud Centre

[annafreud.org](https://www.annafreud.org)

Offers resources for both children and parents to support mental health and wellbeing.

Place2Be

[place2be.org.uk](https://www.place2be.org.uk)

Provides mental health support in schools and resources for parents and teachers.

MindEd

[minded.org.uk](https://www.minded.org.uk)

Offers free online learning to help adults support children and young people's mental health.

NSPCC

[nspcc.org.uk](https://www.nspcc.org.uk)

Offers support and advice on children's mental health, as well as resources for parents to help children cope with issues like anxiety.

Kooth

[kooth.com](https://www.kooth.com)

A free, online mental health support platform for young people, offering access to counsellors and community forums.

Mental Health Foundation

[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Provides advice and information on children's mental health, as well as resources for parents and teachers.

Barnardo's

[barnardos.org.uk](https://www.barnardos.org.uk)

A charity supporting children and young people with mental health needs through various programs and services.

