



Loving to learn, Learning to love.
For every child a chance to shine



LAYSTON C of E FIRST SCHOOL
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Headteacher: Mrs A McMurrugh

7th Jan 2021

Dear Parents,

Thank you so much to all those who took the time to complete the 'Parent Mental Health & Wellbeing Questionnaire'. We had a good response with 62% of our families responding.

For those of you who don't or didn't know, I am the Mental Health Lead for the school. I have been on several mental health and well-being (MH&WB) training courses, most recently, Level 2 Mental Health Lead training, a 2 day Mental Health First Aid training, Pastoral Leads Conferences, Protective Behaviours Level 2 training, as well as Listening to Troubled Children and Flourishing Mindfully.

Mental Health Leads in schools are NOT mental health professionals but have had training in how to provide support in a crisis and how to access mental health professionals when needed. I have also set up the MH&WB section of the website in order to support parents. It is clear that some of you were unaware of this or could not find it so it has been moved to a more prominent location just under Home Learning in the Parents section. Please have a look...

Finally, many of you expressed degrees of anxiety about accessing remote learning. This is quite understandable, and as a parent myself I feel this way too! We are all on a journey here, everyone's situations are different. We hope that our new streamlined Home Learning section of the website, alongside our videos, will make it easier to navigate and fill you with more confidence. However, we fully understand the pressures that remote learning puts on you as parents and as a family. No judgements are made, we offer only support...

If you or your child are struggling with mental health issues you should contact your GP, as well as feeling able to approach school for support. Please phone the office 01763 271235 to make an appointment to speak to me or email me at sbetley@layston.herts.sch.uk.

Kind regards,

Susie Betley

Deputy, SENDCo & Mental Health Lead

