



19th February 2025

Dear Parent/Guardian

At St. Mary's Catholic Primary School, we are committed to supporting the emotional health and well-being of all pupils and staff. We know that everyone experiences challenges that can make us vulnerable and at times and we recognise that anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to recognise and understand their emotions and feelings better
- provide a safe space for children
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain positive relationships
- promote self-esteem and ensure children know that they are loved
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and emotional literacy to manage any setbacks they experience



All members of staff are invested in ensuring that the children's mental health and overall well-being is a priority. Therefore, we have created and developed a bespoke package to support children's mental health and well-being, in response to the needs of the school and training, we do this through a 'trauma informed approach'. Attached to this letter is a leaflet explaining our approach in more detail.

If you have any questions please do not hesitate to contact the school office and make an appointment to speak to Miss Duffy.

Best wishes

A McClurey & N Bennett

Mrs McClurey & Mr Bennett

Fiat Mihi - Let it be with me

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