



Paxcroft Primary School
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Headteacher: Mrs Lou Rhodes
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Wednesday 7th February 2024

Dear Parents/Carers,

We all want the children at Paxcroft to feel happy, safe and confident and to develop the resilience to deal with whatever challenges they may face as they grow up. We know that this is also key to them becoming successful learners and, ultimately, to fulfilling their true potential.

In recent years, you will be aware that the statistics around children's mental health have become a national concern. The Covid pandemic has certainly had an impact here too.

At Paxcroft we have been working hard to address this concern. We have developed our classroom routines and curriculum so that children are encouraged to share their feelings and learn practical ways to support their own mental health. We have increased opportunities for the children to learn outside with the introduction of Outdoor Learning days and the new outdoor classroom/forest school area-research based evidence suggests this has a positive impact on children's mental and physical wellbeing. We have established a Pastoral Support Team with three trained staff members who work to support children and their families with a wide range of needs. We now have two members of the senior leadership team-Mr George and Mrs Aland-trained as Senior Mental Health Leaders.

We are making progress but there is still more we want to do. In April, we have arranged age-appropriate workshops for children in KS1 and KS2 led by the mental health charity, Wiltshire Mind, to explore the topics of worries/anxiety.

Date for your diary: On Thursday 25th April (just after drop-off) Wiltshire Mind will run a parent workshop on how to talk to and support children with anxiety at home.

In the meantime, I have included some links below to information and resources that you may find useful:

[cmhw-24-top-tips-for-families.pdf \(childrensmentalhealthweek.org.uk\)](#)

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

[Support for parents | NSPCC](#)

If you have any questions about this, please do not hesitate to contact me via the school office.

By working together, I hope that we can support the children and help them to develop their confidence and resilience as they move on to secondary school and beyond.

Lou Rhodes
Headteacher

