



Winchelsea



All Individuals Matter

Health and Wellbeing Newsletter



We're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

Togetherness the NHS emotional health digital learning hub funded in your area. Your family has **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children.

Here's a quick round up of what we think is great on Togetherness to help your children thrive: moving up to secondary school, understanding your child's mental health and wellbeing, safe sleep guidance, toilet training, understanding your child from toddler to teenager and much more.

You can find out more online here: <https://togetherness.co.uk/mul/lincolnshire/>



You can also access online training and workshops provided by Lincolnshire Healthy Minds by following the link below. These are extremely useful and cover supporting children with anxiety, worry, anger and more.

<https://www.lpft.nhs.uk/young-people/online-workshops>

School Offer

We are pleased to introduce our new 'Safeguarding and Inclusion lead' Miss El Bikam who will be working alongside Mrs Dunham to support the wellbeing of our children.

If you have concerns about your child's mental health and would like support please contact your child's class teacher in the first instance and they will pass on your details. Or, you can call the school office or email via enquires, 01526832060. enquiries@winchelsea.lincs.sch.uk