



Bryn Offa Church of England Primary School

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Headteacher: Mr P Thompson

Friday 7th May 2021

Dear Parents and Guardians,

I am writing to you give you some details about the new 'Education, Health and Wellbeing Practitioner' who will be working in school every Tuesday afternoon for the foreseeable future. The lady is called Sue Davies, and I am hoping that we can make the very best use of her, during the time she is in school.

The reason Sue will be working in school is because Shropshire Local Authority have introduced this level of mental health support for children who may not meet the criteria for an immediate referral to the Bee U Partnership. She will not be able to tackle any and every problem, but there are a number of areas that she will be able to help with, some areas she may be able to help and other areas of difficulty that fall outside her remit.

The areas in which Sue **will** be able to help are:

- Behavioural difficulties
- Training parents and teachers to support interventions
- Low Mood
- Worry Management
- Anxiety /Avoidance e.g simple phobias, separation anxiety
- Panic Management
- Assess self-harm and support alternative coping strategies to self -harm. Pupils with history of self-harm but not active
- Sleep Hygiene
- Thought Challenging- negative automatic thoughts
- Problem Solving

The areas in which she **may** be able to help are:

- Irritability as a symptom of depression
- Low Confidence, assertiveness or interpersonal challenges e.g with peers.
- Some short-term phobia exposure
- Thoughts of self-harm, superficial self-harm. Basic harm reductions techniques
- Insomnia
- Assessment and understand complex interpersonal changes
- Mild/Early onset Obsessive Compulsive Disorder

The areas which fall outside her remit and she **will not** be able to help with are:

- Conduct disorder, anger management
- Full parenting programmes
- Treatment of parents depression and anxiety
- Treatment for moderate depression
- Low self-esteem, social anxiety disorder
- Extensive phobias e.g blood, needles or vomit phobia
- Severe, active, high risk self-harm.
- PTSD, trauma, nightmares
- Relationship problems- counselling for issues such as relationship problems may be better suited to school counsellors
- Obsessive compulsive disorder moderate
- Moderate to severe attachment disorders. Assessment and diagnosis of developmental disorders and learning difficulties.
- Pain management

It is important to understand that a child being referred to The Education, Health and Wellbeing Practitioner is not a fast track to the more specialist support provided by the Bee U Team. It is an additional layer of support that can be provided to individuals or groups at school.

We already have a really good idea about how some of our children could benefit from this service, but we may not have all the information, if there are things that only present at home and not at school. For example, we may not know about any children who have sleep difficulties. It is for this reason that I am asking parents to make contact with me directly, or through your child's class teacher if you prefer to let us know about any children suffering from the mental problems contained within the first two lists if you would like us to explore the possibility of providing support.

Please help us to make the best use of this service, as there is never any guarantee how long these new initiatives will last.

Yours sincerely

Mr Thompson