

# Place2Be



## Who am I?

Hi there! My name is Hayley and I am the Place2Be Mental Health Practitioner. My job is to support all of the children at Featherstone Primary School with their mental health and emotional well-being so that they can continue to learn and thrive and be the best they can



## What is Place2Talk?

Place2Talk is a universal service offered to children at playtimes and lunchtimes. 15-minute sessions are arranged by Hayley for the children who feel they need to talk about the things on their mind. Children can attend individually or with two of their friends. Place2Talk works to provide the children with a safe therapeutic space to explore their emotions and talk about any worries they might have whilst also supporting them to build resilience and adopt new healthy coping strategies.



## One-to-One Counselling

There are times when children feel particularly sad, confused, fearful or angry due to family difficulties such as parent separation, illness, or even the loss of a much-loved pet. Some children may become quiet and withdrawn; others may become demanding or challenging in their behaviour. That's when having Place2Be counselling in school is especially helpful for children to explore their thoughts and feelings in a safe-space through talking, creative work, and play.

## Classwork: A snapshot of what's happened this term

### Children's Mental Health Week 2022



Here is some of the amazing work Year 6 children did during Children's Mental Health Week.



This year's theme for Children's Mental Health Week was "Growing Together". Hayley from Place2Be spent the week going around each of the classrooms to talk to the children about the many ways that they can become more emotionally resilient and grow their unique selves and talents. The children learnt about the different ways that they can cope with their big and tricky emotions and discussed together why it is so important to practice self-care like drawing, playing, spending time with family, eating healthy food, doing plenty of exercise, and also getting lots of sleep!

## Working with Parents & Carers

Place2Be is committed to the development of positive and supportive relationships with parents and carers in the interests of their children's mental health and emotional well-being.

Through the Place2Be *Parent Partnership Model*, Hayley works closely alongside the parents and carers whose children are being supported in one-to-one therapeutic work. Working with parents/carers aims to:

- Support positive parenting and help parents/carers in understanding and addressing their child's needs and behaviours.
- Help parents/carers build on their confidence, resourcefulness and resilience so that they are better able to support their child and feel more at ease in their parenting roles.



As part of Place2Be's commitment to form positive and supportive relationships with parents and carers, we are very excited to announce that Hayley will soon be running a stream of Place2Be Parent Workshops and Discussion Forums in school, 9-10am. These workshops aim to provide you with all the information, tools, and strategies you need to build on your understanding of how you can best address your children's emotional well-being needs at home, as well as a safe and relaxed space to talk about the things you feel you need to.

### Your Views

Place2Be constantly review their services and strive to improve the support they provide in schools. Therefore, your feelings and opinions are so important, and Place2Be would love to work closely with you as parents and carers to improve the impact that Place2Be has on children and families.

Please direct any improvements/feedback/enquiries about how Place2Be can support your children to the Mental Health Practitioner via email:

[Hayley.Lake@place2be.org.uk](mailto:Hayley.Lake@place2be.org.uk) OR call the school office and leave a message to arrange a chat with Hayley.

## Winning Entries for Place2Be Poster Competition!

As part of the children's' homework project this term, they were asked by Hayley to design the new Place2Be posters that are going to be displayed around school.

Children were asked to be as creative as possible and use lots of colours and pictures to highlight what having Place2Be at Featherstone Primary School is all about 😊.

Thank you to all of the children who took part in this competition! Hayley has received so many fantastic entries and all the children will receive 2 house points for their fantastic work and efforts.

The three winners of the Place2Be Poster Competition for their outstanding and innovative designs are: Aaliyah-Monroe Stratford (RCP), Shelby Budden (3M) and Fatima Hasan (6S). WELL DONE!



## Place2Be Testimonials

Four children from Year 5 were recruited as newsletter interviewers to help Hayley collect some quotes from children and teachers about their thoughts and feelings of having Place2Be in school. These are some of the quotes they gathered:

**Teacher:** "Place2Be is a fabulous place to discuss worries and anxieties. I love that we have this, not all schools do."

**Child:** "It's welcoming to everyone and it shows diversity. Place2Be let everyone get their hard emotions out and they feel a bit better."

**Teacher:** "Place2Be helps children gain self-awareness, as well as awareness of others' needs."

**Child:** "It helps to control your emotions, it helps to control your anger."

**Teacher:** "Place2Be helps to raise awareness of mental health and the importance of it."