

At Miers Court Primary School, we recognise and value the importance of the health and wellbeing of the entire community.

Mental Health Champions with One Goal

The training is moving ahead with a core group of Year 4 and Year 5 children taking this very seriously and giving up one lunchtime a week to do their training. They are working hard and will soon graduate to be fully trained Mental Health Champions.

So far, they have covered topics such as: what makes a mental health champion; observing with empathy; the power of positive words; what happens when we feel sad, anxious or down; move your body to move the emotion; connecting with kindness.

A few more sessions to go during Term 6 and then Graduation! We will be introducing our new MHCs to the school very soon!

Mental Health Champions with One Goal



A few quotes from the children so far...

"We think that MCH is really inspiring us to help others."

"It's really adding to our knowledge about our own mental health."

"I love the program. Adam is kind and he explains things really, really clearly. We are mostly focussing on having a positive mindset."

"I enjoy the things we have to think about and it makes me feel like a new me!"

"We have been learning about kindness, connection and helping other people. Adam teaches us really well."

"I like the program as Adam asks us lots of good questions which help us control our emotions and help other people too."

Medway Emotional Support Team



Medway Emotional Support Team

We are very lucky to be working with MEST and whilst Sandra is moving on to work in Maidstone, we will be working with other members of the team.

Sandra has worked with a number of children and families since September and has been a supportive figure around the school. We would like to say a big "Thank You" to Sandra for her work over this academic year with us and wish her the best in the future.

If you feel that you or your child would benefit from support from the MEST team, please do get in touch with the school via the office and either Ms Munns (SENDCo) or Miss Bradley (Home School Support Officer) will be in touch.

Please also check back at your emails for the online workshops running throughout the year. You may find them useful.

Term 6 Transition

Teachers will soon be thinking about the classes for next year. We know that for some children this can be a stressful time. We will be doing Enhanced Transition for those that need it as usual. If you feel your child will benefit from this, please do let the class teachers know.

Before the children meet their new teachers and LSAs, staff hold Transition meetings in school and share key information and documentation. This year we will be asking both children and parents for a list of the key things which you would like to be shared with staff, before the children meet them in July. Look out for what information we would like and how we would like you to share it with us at the beginning of Term 6.

Children will meet their new teachers officially and spend lesson time with them on Thursday 10th July and Friday 11th July in the morning only. More details will be sent out closer to the time. We will of course, send home our Social Stories for this for you to share with the children over the Summer.

Year 6 children – staff and children are already meeting or holding conversations with the secondary school staff. Most of the secondary schools are sending staff to meet with children here and then the children will have the opportunity to visit their new schools on Transition days.

Mrs Lucas from the Marlborough Outreach Team will be supporting some of the children with additional Transition Sessions in school.

Staff are also in the process of organising SEND information to be shared with new schools before the end of term.

For more advice and support with transition, please look back at last years' Newsletter.

Where to go for support

We have tried to put some useful advice and contacts on the Health and Wellbeing pages of the school website. Have a look to see if there is something here to help.

<https://www.mierscourt-that.org.uk/wellbeing>

However, if you are worried about your child, in the first instance contact the class teacher, Ms Munns (SENDCo) or Miss Bradley (Home School Support Officer), through the school office.

