



Good Morning,

I hope you are all keeping safe.

I wanted to let you know that during this period of home learning, if children are finding it emotionally difficult and you are worried about the wellbeing/mental health of your child, I do have some time set aside to support our children at home or as part of our key worker bubble.

I am a qualified ELSA (Emotional Literacy Support Assistant) and would usually provide interventions in school surrounding emotions, socialising, anxiety, behaviour, bereavement, self-esteem etc.

If you feel your child may benefit from:

- A phone/video call with myself for just a chat or maybe a small uplifting activity
- Or
- A wellbeing pack containing resources on happiness, worries, wellbeing, mindfulness etc

Please let me know via Class Dojo or my email address is laura.smith@magdalen.lincs.sch.uk

I may also share some wellbeing activities or links on the Class Dojo School Story for the children to access.

Take Care

Mrs Smith

