



Building each other up –  
with God as our firm foundation

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## St. Paul's Church of England (A) Primary School

Emsworth Crescent  
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WV9 5NR

13<sup>th</sup> January 2025

Dear Parents and Carers

We are pleased to share with you that Reflexions Mental Health Support Team will be leading a workshop for **all Year 6 parents/carers** in school at **9.00am on Wednesday 15<sup>th</sup> January.**

Reflexions is a Mental Health Support Team service that helps increase access to mental health support for children and young people in schools across the Black Country. They offer 1:1 low/high intensity CBT, Whole School Approach including staff training, workshops and school assemblies. Helping children and young people who may need support with: Low mood, exam stress, problems with sleep, low self-esteem, phobias and anxiety.

The workshop on Wednesday 15<sup>th</sup> will be specifically tailored to offer advice about how to best support your child in preparation for the transition to secondary school. We realise that the children still have plenty of time left in Year 6, however, having this information and advice early we hope will help to empower you to offer the best support possible for your children.

The workshop will focus on:

- Learning strategies for how to support your child to manage their anxiety more effectively.
- To understand what support and guidance is available to you if your child is feeling anxious.
- To help your child to begin to think about new opportunities at secondary school.

The practitioners will also be happy to answer any questions or discuss concerns either during the workshop or afterwards. This will be an informal workshop, with plenty of time for discussion. Refreshments will be provided.

Reflexions are now a strong part of our school community who regularly visit our school. We were grateful for their attendance at our last Parents' Evening and they are pleased to be booked in for our next one in February. We are so pleased that they are an integral part of our mental health and wellbeing provision for your children. If you would like to find out more about them and the services they offer, please follow this link and download the Reflexions brochure: [Reflexions Service | Wolverhampton Information Network](#)

We look forward to welcoming you to this workshop. If you have any questions or concerns, please do not hesitate to contact me.

Kind regards

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