

	erits received week 7 April 2023	<b>\</b>	Merits received week 24 April 2023
PAlex RileyY1Niamh MikeyY3Teddy Evie	YR CJ Anabella Y2 Freya Harry Y4 Natalia Clara	Well done to Y2 this week's attendance winners with 98.21%	PSami ArthurYR Maevy Olivia PY1Charlotte PoppyY2 Martha ReubenY3Jamie EthanY4 Arabella Martha



(WEST). I am the Educational Mental Health Practitioner (EMHP) that will be working in Ombersley First School on a Thursday!



WEST is an early intervention service that is integrated into education settings to promote children and young people's emotional well-being keeping the child's voice at the heart.

I work with young people on a 1:1 basis, in groups or through parents to deliver support for common mental health difficulties like low mood and anxiety. I also work on the whole school approach to mental health which includes staff training and working with parents and carers.

We have loads of practical tips and advice on our website, as well as further information about what we do. <u>https://camhs.hacw.nhs.uk/west</u>

## **Early Help**

Free Courses for All Parents

We are delighted to let you know about details of a series of free courses for parents. The FREE online courses have been developed by psychologists and professionals and are highly rated. They are designed to help you understand your child's feelings, as well as focus on your own feelings as you go through life as a family. You will also learn to understand the changes in your child's development and how to make the most out of each relationship. We wholeheartedly recommend these courses – they are for everyone, for everyday parenting. They don't tell you how to parent, that's up to you. Instead, they give you a framework for understanding what might be going on and space to think about how you want to respond. They are for ALL parents, carers, grandparents and teens because we all need a bit of headspace and thinking time occasionally. The latest course is "Understanding the Impact of the Pandemic on Your Child" Explore the courses here https://inourplace.co.uk

The password to access the courses is PARENTSROCK.