Hello

I hope you are all well and staying safe.

At Hambridge Primary School, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing are to our lives in just the same way as physical health.

The last year has been extra stressful, especially if you’re a parent. As we now find ourselves in another lockdown, it's normal and entirely understandable if you and your children are feeling overwhelmed frustrated, worried or exhausted about the situation.

You might be finding it harder than ever at the moment to know how to best look after your child’s mental health and wellbeing, as well as your own. If you’re struggling, you are not alone.

Please know that as a school we want to support you in any way we can. Please contact us if you need support or advice regarding yours or your child’s mental health.

Here on our website I will continue to add any resources, websites or support that may be useful.

Stay safe and keep in touch.

Mrs Chesterfield