



Being our Best Selves
Ludworth Primary School

OCTOBER
2026

Ludworth Life

MENTAL HEALTH *edition*

Dear Parent/Carer,

In support of National Mental Health Day on October 10th, we will recognise the significance through our PSHE Sessions, Circle time discussions and during our whole school assembly. This year, the theme is Lived Experiences Heard: Real Voices, Real Change. Beyond mere symbolic gestures, mental health is deeply ingrained in our philosophy. In the following pages, we invite you to explore our comprehensive approach to children's mental health as well as exploring what could support you at home.

We recognise that good mental health is just as important as physical health, and we are dedicated to helping every child feel safe, valued, and supported.

As a school, we continually draw upon evidence-informed practice, current research and professional development to strengthen our approach to promoting positive mental health and wellbeing. Our staff work hard to create an environment where children can develop resilience, build positive relationships and feel confident in seeking support when they need it.

There is wealth of support, guidance and provision taking place behind the scenes, and we have not always been effective in signposting this to families or sharing the many ways we support children both in school and at home.

This edition of Ludworth Life aims to shine a light on our wellbeing provision, the strategies we use to support positive mental health, and the resources available to families. We hope it provides a greater insight into our work and reassures you that we are committed to nurturing the whole child, ensuring every learner at Ludworth has the opportunity to flourish both emotionally and academically. Together, by working in partnership with families, we can continue to promote positive mental health and wellbeing for all of our children.

Mrs Walker



MENTAL HEALTH

edition

How can you help?



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. [Learn more from the Maudsley Charity on difficult behaviour](#).



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. [The Sleep Charity](#) has relaxation sleep tips for children.



MENTAL HEALTH

edition

It is normal for children and young people to experience worries, anxieties and emotional ups and downs as they grow. Seeking advice early can often prevent difficulties from escalating. If you have any concerns about your child's emotional wellbeing, please speak to the classteacher. The Classteacher knows your child well and we are committed to working in partnership with families to help every child feel safe, supported and able to thrive.

Mrs Nicola Hankey is SENDCo' and Senior Leader at Ludworth Primary School, and works alongside class teachers and pastoral staff to:

- Help identify children who may be experiencing social, emotional or mental health difficulties.
- Coordinate support within school where additional help may be needed.
- Liaise with external professionals and services.
- Monitor the impact of support and review this regularly with families and staff.
- Provide advice and guidance to school staff to help meet pupils' needs effectively.

Sometimes children and families may need support beyond what school can provide. The SENDCo is not a Mental Health clinician but can help families access services such as:

- Mental Health Support Team (MHST)
- School Nursing Service
- GP services
- CAMHS (Child and Adolescent Mental Health Services)
- Family support and parenting programmes
- Local community and voluntary organisations



Who is involved with pastoral, mental Health and Wellbeing at Ludworth?

Our whole staff team continuously strive to ensure children can be their very best selves personally, socially and academically whilst at Ludowrth.

Mrs Holly Gregg, our Assistant Headteacher oversees Personal Development at Ludworth and this includes her roles of Senior Mental Health Lead, Early Learning Leader in PSED as well as being the driving force behind our extra- curricular enrichment and Outdoor Learning.

Committed to developing a supportive and nurturing environment for both staff and children, as Senior Mental Health Lead, she is responsible for developing a comprehensive school-wide approach to mental health and wellbeing. This includes equipping staff with the necessary skills and knowledge to promote mental health awareness in the classroom and ensuring that all staff members feel confident in supporting children with their emotional wellbeing. Mrs Gregg's passion for mental health and her compassionate demeanor make her an invaluable asset to our school community.

While many of you know Miss Spink as the caring manager of our Breakfast Club and Stay and Play, you may not be aware of her role as Ludworth's Learning Mentor. Miss Spink is a highly skilled professional, who is dedicated to supporting children who may be struggling with emotional challenges or facing obstacles in their learning. She works one to one with children to provide individualised guidance, motivation, and support: addressing issues such as family difficulties, anxiety, or a lack of confidence.

Miss Spink collaborates closely with our senior leadership team, class teachers, and parents to ensure that children receive the support they need. Her sessions are known for being fun, child centered, and supportive, making them a positive experience for children.

If you believe that your child could benefit from working with Miss Spink, please speak to their class teacher about next steps which might include strategies to try at home, signposting you to resources or making a referral to Miss Spink which will be reviewed by Mrs Hankey (our SENDCo)



Hannah Underhill is our Education Mental Health Practitioner. We are fortunate to have Hannah one day each week and part of her role is to work with children and families, empowering individuals to harness their strengths and overcome challenges. Hannah is trained in low intensity CBT interventions, to help children overcome worry, anxiety, phobias, low mood and behavioural challenges.

Each week Hannah employs language that reinforces children's self-belief and positive mindset. By emphasising their strengths and capabilities, we encourage children to make informed decisions from a position of confidence rather than vulnerability. Children learn that they do have the strength to challenge difficult thoughts and feelings, and parents feel better equipped to support their children in difficult moments.

Hannah is going to work closely with our whole school community, from individuals, whole classes, families and our School Leadership including our Head and Deputy School Councillors, our Sports Ambassadors and school councillors to raise awareness of the importance of Mental Health and Wellbeing.

Each term Hannah will also work with all year groups delivering whole class sessions, checking in, offering support and sharing positive wellbeing strategies. This approach will develop confidence and empower children to understand their emotions, learn how to problem-solve their own challenges, step outside their comfort zones, and navigate the complexities of our ever-changing world.

Hannah primarily works alongside parents and carers, offering 1-1 sessions and valuable parent workshops. These workshops equip parents with the tools to develop positive interactions and support their children's growth at home. Her guidance has revolutionised the way in which children and families see themselves, praise children and address unwanted behaviour, creating a more empathetic and empowering environment for all.



MENTAL HEALTH

DID YOU KNOW?

At Ludworth we dedicate one hour and a half of curriculum time to PSHE every week, and more time where necessary. Every Monday morning, all children across school do circle time. This is where they check in with their teachers and classmates to discuss issues and develop strategies surrounding wellbeing. Children then take part in dedicated lessons for PSHE, this is where children develop the skills and knowledge they need to be safe and healthy.

Year 5 – Seeds Of Happiness – For a number of years now, our Year 5 children take part in The Seeds of Happiness programme. The Seeds of Happiness is a fun and engaging course, where children learn about the science of happiness, and how they can positively impact their own happiness levels, and those of their friends and family, by the actions they take.

Reading Buddies – Kindness – It is proven that being kind to others can have a positive impact on your own mental health. That's why we have established a Reading Buddies program. Year 6 children are paired with Reception children for weekly reading sessions, while Year 5 children mentor Year 1 children. These cross-age relationships provide opportunities for children to support one another and grow a sense of community within our school.

Mr Templar, a Level 3 Forest School Practitioner, is a valuable member of our wellbeing team, specialising in social interventions. He leads our Woodcraft for Wellbeing program, a six-week nature-based mindfulness and well-being initiative designed to promote emotional resilience and connection with the natural world. Additionally, Mr Templar facilitates LEGO Therapy sessions for children of all ages. This playful and engaging program provides a therapeutic space for children to express themselves, develop social skills, and enhance their overall wellbeing.



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How can you help?

Childline



Phone, text and
messenger services

Daylio (App)



Mood tracker

Kooth (App)



Online mental well-
being community

Proud Trust



LGBT+ support

Report Remove



Remove nudes shared
online

R Time
Stockport
Youth groups &
other activities



Stockport County
Youth Engagement
Programme



Stockport Without
Abuse



Domestic Abuse 1-1
support & group sessions

Winston's Wish



Bereavement support



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How can you help?

**Body Dysmorphic
Disorder
Foundation**



Body image support

Calm Harm (App)



Support for self-harm

Beacon Counselling



Beacon Counselling

The Mix



Essential support for
under 25s

**MOSAIC Drug &
Alcohol service**



Papyrus



Preventing suicide in young
people

Shout



Text service

**Signpost Stockport
for (young) carers**



Young Carer's support &
activities

**The Smiling Mind
(App)**



Meditation & mindfulness