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A place to think and grow

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Dear Parents/Carers,

Some of you may know that when your children are in school they have access to a 'worry monster'. This is a place where they can write their name on a post-it note with any worry they may have and "feed" it to the worry monster.



This happens throughout the day and teaching staff regularly check the worry monsters, find a quiet place to talk to the child and address any worries that they might have. This is an opportunity for the children to share any worries and for us to try and help offer support.

While the children are not at school, we are aware that they may still have worries or questions that they might want to share or ask. We want to be able to continue to offer this type of support as much as we can while we are currently not in school.

So, we have now set up a dedicated email address.

This is for the children to use. They can email us with any worries or questions they may have related to school, returning to school, the Covid outbreak or anything else that they might want to ask us!

Miss Stanton, Mr Hughes, Miss Anderson, Miss Morris, Mrs Taylor and Miss Miller will all have access to the email service, so we will hopefully be able to address any worries.

If there is anything else that you would like support with, please do let us know.

The email address, which, will also be shared with the children via their class blogs is:

wanttochat2330@welearn365.com



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There are also these to ideas to try.

<https://www.winkyboom.com/blogs/news/how-to-make-a-balloon-stress-ball>



A Worry Box in 5 Steps.

We do know that worry and fear can be all-consuming emotions for the person who is trying to manage them. Quite simply, a worry box is a place to 'store' your worries, fears, or other strong emotions. By writing out a worry, it can live somewhere other than your brain, and can be stored until you're ready to address it later or tear it up after it's passed.



1. Find a box - any kind. From a tissue box to a pencil tin, anything you have handy will work.
2. Tape or glue paper onto the box - this will make it easier to decorate.
3. Add words - you can write them on with pens or crayons, find them in a magazine or newspaper, or create words yourself. Find words that represent how you feel or want to feel in relation to your worries.
4. Find photos that make you happy - are there any personal photos or pictures you've seen online that help you feel more positive despite your worries? Stick them on your box for some encouragement.
5. Add any worries - maybe you have some in mind that you would like to write down or come back to later, but knowing you have this ready might already help you feel more able to focus on your well-being!

Keep safe, we miss you all and can't wait to see you again!



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