

## Mental Health and Wellbeing at St. Peter's CEP School



Vicky Jenner - SENCO and Dedicated Safeguarding Lead

### **An introduction to our 'Mental health and wellbeing team'**

Children can find it challenging to express what they are feeling, understand what is difficult for them and manage their emotions. In school we have a wonderful team of experts who provide support to our children when needed to help them find a way to express their difficult emotions or experiences. Please read more about our Mental health and wellbeing team below and contact me if you would like to find out more. - Mrs Jenner



Amanda Charlwood, Talking and Drawing

I am a Teaching Assistant who has been working at St.Peter's CE Primary School for many years and I have experience of working with children in all year groups. I have completed the 'Foundation' and 'Advanced' Talking and Drawing training and have been running these sessions in school for 4 years. During the child-led sessions, children draw and talk about their drawings. This allows children to discover and communicate their emotions through a gentle, non-directed technique.



**Heather Kemp, Therapeutic Play Practitioner**

I am a qualified Primary School teacher, Parent-Infant Psychotherapist, Creative Mindfulness Practitioner, and a Therapeutic Play Practitioner. I work 3 days a week with the NHS supporting families with a specialism in attachment and 2 days a week as a Therapeutic Play Practitioner in Schools. I have been working with children and their families for the last 16 years in various capacities. Therapeutic Play is a fantastic way of giving children a way of exploring their feelings and emotions if they do not have the vocabulary to understand or explain this themselves. Addressing these emotions through play provides a layer of story or metaphor to what is being shared and felt. It can feel safer and less intense for a child to express themselves or explore their experiences.



**Amanda Morris, School Counsellor**

I am an accredited integrative counsellor with over 10 years' experience working with several primary/secondary schools and my private practice. I specialise in working with young people and neurodiverse children.

My counselling sessions are bespoke to suit the young person's need, they are play/art based, to enable the child to feel relaxed and so more receptive to the therapy. I also run parenting programmes, evening workshops and a parent support group.