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Issue 2



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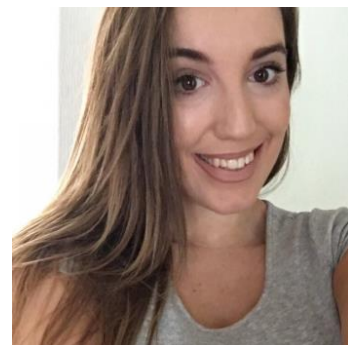
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Hello!

On to our second newsletter already! Time is flying!

- Last month our EMHPs delivered their first three group workshops.

In Burnt Mill Academy we focussed on self-esteem, and in Pemberley Academy and The Downs Primary School we looked at Transition into Secondary School. All sessions went very well

- Weekly work has now started in our 4 schools. The EMHPs are carrying out 1:1 sessions directly with students in Passmores Academy and Burnt Mill Academy, and 1:1 sessions with parents in Pemberley Academy and The Downs Primary School
- We have been working on a timetable to start work in some more schools in Harlow, and are finalising the last few meetings and will announce these schools in due course.

We plan to start this work after the Easter break. 4 schools will have the 1:1 interventions and 4 will have our exciting Brain Buddies workshops for years 4-6. This is an 8-10 week course delivered universally to the whole class focusing on Emotional Regulation. The aim of the course is to help children to develop strategies to manage and regulate their physical and emotional wellbeing. They will develop a coping toolkit that they can build upon and take with them throughout school life and further.

- We have branched out to gain a presence on social media. Please feel free to take a look and follow us. It's very early days, so is a little bare right now, but hopefully we can start sharing our work and progress going forward

https://www.instagram.com/mhst_harlow/

<https://www.facebook.com/mhst.harlow.3>

<https://twitter.com/HarlowMhst>

- We are interested in incorporating pupil, parent and teacher voices in what we are offering and would welcome any interested parties to get in touch

If you do have any questions at all, please do not hesitate to call Kerry Lawson on 07935 067 383 or contact us by email trailblazer@mindinwestessex.org.uk



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