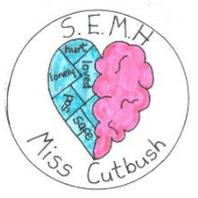


Wheatfields Mental Health and Well-being Newsletter

March 2024



Attendance

Children spend a lot of time in school, so the roles that students play in school also help them to develop social skills, build friendships and understand the rules of conversation.

Children who are regularly missing school and have low attendance are not only missing out on vital education but also on growing the social aspect of their schooling.

Please ensure your child attends school every day unless they are seriously ill.

Key dates for March:

Neurodiversity Celebration Week- 18-24th March

Young Carers Action Day – Wed13th March



Young Carers

A Young Carer is someone under the age of 18 who cares for another member of the family, without pay.

Young carers can often undertake caring tasks such as: giving medicine, housework, shopping, cooking meals and intimate care. It can often mean that they miss out on vital playing, socialisation with friends, parties, time to do homework and schooling.

If you think you know someone who might be a Young Carer, please speak in confidence to Miss Cutbush about support that can be given.

At Wheatfields, we work closely with Centre 33 and Caring Together to offer support and advice to those affected by being a Young Carer.

Extra support



Young Minds

This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people.



Family Lives

Parenting and family support on a number of topics



Signs of Spring

The nights are getting shorter, the daffodils and snowdrops are springing into life: take time to appreciate the signs of Spring all around us. The sun is good for the mind, body and soul.