



# The Hub School

Head of school: Mrs R Patterson

Address: Springhead Lane

Anlaby Common

HU5 5YJ

Telephone Number: 01482 304200

**Transforming Lives**

**Date: 15<sup>th</sup> October 2018**

Dear Parent/Carer,

We have recognised that to offer the best possible provision we needed to give some of our pupils the opportunity to access Emotional Wellbeing Support if and when required.

We have an experienced team who are able to offer the support in the following areas:

- Understanding and coping with feelings about ourselves and others
- Developing high self – esteem and positive interactions with others

Some of the areas the Emotional Wellbeing Team could focus on:

- Recognising emotions i.e. self-awareness
- Self-esteem
- Social skills
- Self-regulation of feelings e.g. anger management
- Loss and bereavement
- Motivation
- Empathy

How the Emotional Wellbeing provision is structured:

- Regular slot during the school week for around 30 to 40 minutes
- Sessions can be individual or in small groups and tailored to the pupil's individual needs
- Sessions can be enjoyable and may include a range of resources or equipment
- Sessions will include time to talk
- Pupils' progress will be reviewed routinely within the Wellbeing Team

As a parent/carer you can help by informing the school/keyworker if there are any issues that may have an impact on your child. Please do not hesitate to contact the Emotional Wellbeing Team for more information or to discuss this further.

Yours sincerely,

Sarah O'Neill

Special Educational Needs Co-ordinator