

Prospective Year 7 Pupils, parents/carers

Essex Child & Family Wellbeing Service
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Chelmsford
CM1 1QH
www.essexfamilywellbeing.co.uk

Tel: 03002 470014

Date: 26th Jun 2020

Virtual Drop In to Support young people joining Year 7 in September

We are writing to ask you if you would kindly share the following information with your Year 7 Pupils and their parents/carers who will be joining you this September.

We are writing to let you know that the School Nursing Teams within Essex Child and Family Wellbeing Service are offering new Year 7 Pupils in conjunction with their parent/carers the opportunity to meet the School Nurse who offers a Drop In at your new Secondary School. The Drop In is offered virtually through Microsoft Teams as a group session. This will give you the opportunity to hear about our service, what we can do to support children, young people and their families both in school and outside. As this is offered as a group session you will also be able to meet other new Year 7 pupils who will be transitioning to your new secondary school who you may not have met previously.

School Nurses work directly with young people across Essex, supporting them with a range of physical, social and emotional wellbeing needs –for example managing relationships, transitions, feelings of low mood or anxiety, sleep and diet.

To access the virtual Drop In for your new Secondary School we ask you to contact Amy on 07712 545154 and she will be happy to book you a place. We will be offering our Virtual Drop Ins in July. We will be able to host approximately 12 Pupils (and their parent/carer). The sessions will be approximately 45 mins long and you will have the opportunity to learn about our service and talk about any worries you have about moving from Primary School to Secondary School. We need to remind everyone this is a shared experience and not a confidential arena.

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Essex County Council

If you would like to speak to your School Nurse to discuss any issues privately, you can request this by calling our Single Point of Contact on 0300 247 0014 and Administrators will be able to arrange for your School Nurse to call you.

For young people of Secondary School age, we have ChatHealth, our anonymous texting service, which is monitored by a School Nurse between the hours of 9am to 5pm Monday to Friday. The contact details are 07520 615731.

For further information about our service please www.essexfamilywellbeing.co.uk where you will find lots of information about our service.

Sent on behalf of the School Nurses, Essex Child & Family Wellbeing Service

We like to keep in touch with our clients by text with information about our services and appointment reminders. If you would like to opt out of this service please contact our hub on 03002 470014.

*For further information on how Essex Child and Family Wellbeing Service use your personal information, please visit our website at: <https://essexfamilywellbeing.co.uk/privacy-policy/> *and* <https://www.barnardos.org.uk/privacy-notice>*

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