

Headteacher:
Mrs Annabel Berry

Chair of Governors:
Mr Philip Emms

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Mrs A Berry; Mrs L Poole; Mrs A Bateman;
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Dear Parents & Carers

27/04/2022

Welcome back to the Summer Term. We hope you all had a good Easter and enjoyed the rest, holiday, family get togethers or whatever you chose to do. We hope that you made time for yourselves and took care of yourself. We all have essential emotional needs that we should concentrate on to keep ourselves well and mentally healthy. We have included a simple diagram below to help us understand our needs better.

Emotional Needs Audit - Human Givens Approach

Derives from the understanding that, when essential emotional needs are met and our innate mental resources are used correctly, a human being will be emotionally and mentally healthy.



<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

Miss Lockett and Miss Moore
Wellbeing Lead

