



Watton Westfield's Holistic approach to supporting Children & Families Emotional Wellbeing

I would like to take this opportunity to introduce myself. My name is Mrs Lisa Bone and I am the Parent Liaison Officer here at Watton Westfield Infant & Nursery School.

This is our first termly PLO Newsletter flyer to keep you updated with how we as a school can help our families, including all the latest news about local events and organisations which can offer help, advice and support with family life.

At Westfield we recognise any of us can experience changes in our lives, impacting on our emotional wellbeing. My role in the school is to enable children and families to access advice and support which, promotes emotional wellbeing and a happy school/home life.



Services we can offer

- Sign posting parents/carers to agencies which offer support for issues such as housing, debt management, mediation services and mental health support.
- Working with parents through Family Support Meetings (FSP) to identify areas of support and liaising with professionals and outside agencies to put this support in place.
- Being a bridge between home and school to enable both home/school to work together to provide the best outcomes for children and their families.
- Arranging 1:1 and small group emotional wellbeing sessions. Please see overleaf for a description of sessions which support children's emotional needs.

I will be available for an informal chat on the school gate between 8.40am-8.50am each morning, alternatively you can book an appointment via the school office or email: LBone@corvuseducation.com



Mrs Lisa Bone (PLO)

Parent Liaison Officer
Nurture Co-Ordinator
Advanced knowledge Drawing &
Talking & Sand Play Practitioner



Mrs Pam Southward

Advanced knowledge Drawing &
Talking & Sand Play Practitioner

At Westfield Infant & Nursery School we understand that at any time in a child's life they may experience and event (s) which could impact on their emotional and mental health. We have a range of 1:1 or small group interventions to help provide children with extra emotional support which enables them to continue to enjoy their life and learning opportunities.

Drawing & Talking

Drawing & Talking is a child led therapeutic intervention enabling children to express their emotions and feelings through drawing and talking to a trained practitioner. The support is a weekly 30 minute 1:1 session over a period of 12 weeks. The sessions are held in our Rainbow Room at Westfield, at the end of the 12 sessions each child has their own folder of drawings to take home and share with their family.

Sand Play

Sand Play is a therapeutic intervention enabling children to express their emotions through creating miniature worlds, using small figures and sometimes water, to reflect their thoughts and feelings. Both Drawing & Talking and Sand play are interventions which can support children who may be experiencing the following social/emotional struggles. Anxiety, Friendship issues, Parental Separation, Bereavement of a family member or beloved pet.

Purple Umbrella Club

This will be a weekly small group session which any child can attend, after experiencing the loss of a family member, friend or beloved pet. The school will be working with Nelsons Journey is a Norfolk based charity to support children who have experienced the death of a significant person in their life. The sessions will be formed around Sensory Art projects to enable children to express their emotions and feelings in a creative way.

Pets as Therapy

We have fortnightly visits from Bacchus a Pets for Therapy dog and children can enjoy time with him, either 1:1 or in a small group. We also plan visits from the Miniature Donkeys for wellbeing where children can spend time with the donkeys grooming and talking to them.

Westfield Little Troops

Westfield Little Troops is a weekly small group session for children who have serving parent(s) in our British armed forces. We recognise these children face unique life challenges such as a parent being away on training or deployment. Forces children move school more frequently due to their parents being posted to either a new base in the UK or Overseas. These sessions are based around supporting the children's emotional wellbeing and celebrating the way forces families serve our country.

Young Carers Club

Young Carers Club is a weekly small group session which, is open to all children who have caring responsibilities at home. This can be through supporting a parent/carer who experience's mental health difficulties, helping a parent/carer with physical tasks such as shopping, cooking and cleaning or supporting a parent/carer with a sibling who has special educational or physical needs. The sessions are art based and enable children to speak to others who are experiencing the same home life challenges.

If you feel your child would benefit from accessing any additional emotional support, please get in touch.



Drawing & Talking



Sand Play



Nelsons Journey & Purple

Umbrella



Pets as Therapy



Westfield Little Troops



Young Carers