



## Georgian Gardens CP School

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Head Teacher: Miss A Bowers

Thursday 4<sup>th</sup> December 2025

Dear Families,

We would like to take this opportunity to give you some updates about outside services and agencies parents are able to access should they want to. We also wanted to remind you of what we can offer as a school to support your child and family should you wish to access it. As you know, at Georgian Gardens, we are very fortunate to have a pastoral team who are able to offer support to both your child in school and you as a family – not many schools have this resource.

### The Pantry

Our Pantry was started by the pastoral team nearly 6 years ago due to demand within our school community. Since then, St Peter's and St Paul's Church have taken over the running of this and do a fabulous job! As we come up to the Christmas period, if you do find yourself in difficulty, please do make contact with Miss Lewry in confidence, or feel free to pop into The Pantry on a Thursday morning from 8:30am until 9:30am in The Family Room. Our wonderful volunteers would love to chat with you. ([clewry@georgiangardens.co.uk](mailto:clewry@georgiangardens.co.uk) or 07849 149663).

### Parent Workshops

We have two parent workshops coming up and these are open to all families, including grandparents, who we know often help with childcare.

### **Thursday 15<sup>th</sup> January (9:30am to 11:30am) – Supporting my Child to Emotionally Regulate**

This workshop explores the importance of emotional regulation and what is developmentally appropriate for children at different ages. It supports families in recognising behaviour as a form of communication and introduces healthy, constructive ways to respond and manage behavior effectively. This workshop also explains more about the Thrive Approach, which we use in school.

### **Thursday 12<sup>th</sup> February (9:30am to 11:30am) – Supporting my Child with Their Worries and Managing our Worries as Parents**

This workshop is designed to support parents in recognising and applying techniques to help their child manage healthy coping strategies. It will also provide guidance for parents who may be experiencing their own challenges with anxiety.

If you would like to attend either of the above workshops, please contact Miss Lewry to book a place.

### Sleep – Yes please!

We have had a number of queries recently around children and sleep. Please see the end of this letter for information about the National Sleep Helpline which may be of benefit to you. More information and resources can be found at: <https://thesleepcharity.org.uk/information-support/children/>

### Designated Schools Team

We work closely with the Designated Schools Team who support schools in supporting families. They provide guidance, information and advice for families and can offer direct sessions with parents and children around



behavior, mental health, attendance, as well as worries, relationships and friendship advice. Liz Lawrence, our Family Support Worker for the Designated Schools Team is in school every second Thursday. If parents would like to book a session with Liz, they can do this through Miss Lewry.

### Thought-Full

We are a Thought-Full school! Thought-Full are able to provide one to one evidence-based interventions in schools for mild to moderate mental health issues such as:

- anxiety/worries (separation anxiety, excessive worry)
- phobias, sleep difficulties (related to poor sleep routine, behavioural problems, anxiety-based night-time avoidance behaviours, or problematic thoughts or worries at night)
- poor eating patterns or diet (affected by and/or affecting mood (not eating disorders))
- low mood, depression and low self-esteem
- behaviour.

If you would your child to be referred for Thought-Full input, please speak with your child's class teacher, Ms Watts, Miss Lewry or Mrs Lewis.

Or more information, have a look at the WSCC Thought-Full information page at:

<https://www.westsussex.gov.uk/education-children-and-families/childrens-mental-health-and-emotional-wellbeing/information-for-school-and-college-staff/thought-full/information-for-parents-and-carers/>

### Thrive

At Georgian Gardens, we understand that emotional well-being is key to successful learning. Our Thrive practitioners play a vital role in supporting pupils' social and emotional development. It is so high on our agenda that we have 6 qualified Thrive Practitioners in school! (Mrs Lewis, Miss Lewry, Mrs S Smith, Mrs Villiers, Mrs Day and Mrs Monnery).

Thrive is an evidence-based approach that helps children manage their feelings, build resilience, and develop positive relationships. Our Thrive practitioners work with pupils individually or in small groups, offering tailored support to help them overcome low level challenges such as worries, low confidence, or difficulty managing emotions.

Through creative activities and focused sessions, the Thrive team helps children feel safe, understood, and ready to engage fully in their learning and school life. This support also helps improve behaviour, attendance, and overall happiness at school.

If you would like to know more about Thrive or discuss how it might support your child, please get in touch with us.

### A Reminder

Lastly, we would like to remind you of how you can contact our pastoral team.:

Miss Lewry, our Family Support Manager, is able to offer a wide range of emotional and practical support. This could be regarding sleep, eating/diet, toileting issues, behavior at home, financial difficulties, parenting support. Miss Lewry has a wide range of resources to use and she is able to signpost you to so, if you are having difficulties with any of the above, please do contact her.

Ms Watts, our Learning and Behaviour Mentor, plays a vital role in supporting the well-being and progress of our pupils. She works closely with children, families, and staff to help overcome any barriers to learning and ensure every child feels ready, respectful, safe, and kind. Ms Watts is able to offer:

- one-to-one support for pupils facing social, emotional, or behavioural challenges
- guidance to help children build confidence, resilience, and positive relationships
- support for families by connecting them with helpful resources and advice.

Mrs King and Mrs Foster, our Specialist Speech and Language TAs, are a job share and provide support in school for children if they are under the Speech and Language Therapy Service or needs some speech and language input. They work closely with children who need extra support with speech, language, and communication. They deliver targeted, evidence-based activities designed to help children improve their ability to understand and use language confidently. This support is often provided in small groups or one-to-one sessions tailored to each child's unique needs.

Mrs Lewis, our Assistant Headteacher for Inclusion, has a range of roles focused on ensuring every child feels included, supported, and able to thrive. This includes all things pastoral and inclusion: Designated Safeguarding Lead (DSL), Special Educational Needs and Disabilities Co-ordinator (SENCO), attendance, Outdoor Play and Learning (OPAL), Pupil Premium/Free School meals.

Miss Lewry: [clewry@georgiangardens.co.uk](mailto:clewry@georgiangardens.co.uk) – Family Support Manager  
Ms Gina Watts: [gwatts@georgiangardens.co.uk](mailto:gwatts@georgiangardens.co.uk) – Learning and Behaviour Mentor  
Mrs Dee King: [dking@georgiangardens.co.uk](mailto:dking@georgiangardens.co.uk) – Speech and Language Specialist TA  
Mrs Ali Foster: [afoster@georgiangardens.co.uk](mailto:afoster@georgiangardens.co.uk) - Speech and Language Specialist TA  
Mrs Claire Lewis: [clewis@georgiangardens.co.uk](mailto:clewis@georgiangardens.co.uk) – Assistant Headteacher, Inclusion

Thank you for taking the time to read this: we know it was a long one but it was hopefully worth it! Please do not hesitate to contact one of us should you have any queries about anything in this letter or going forward.

Take care

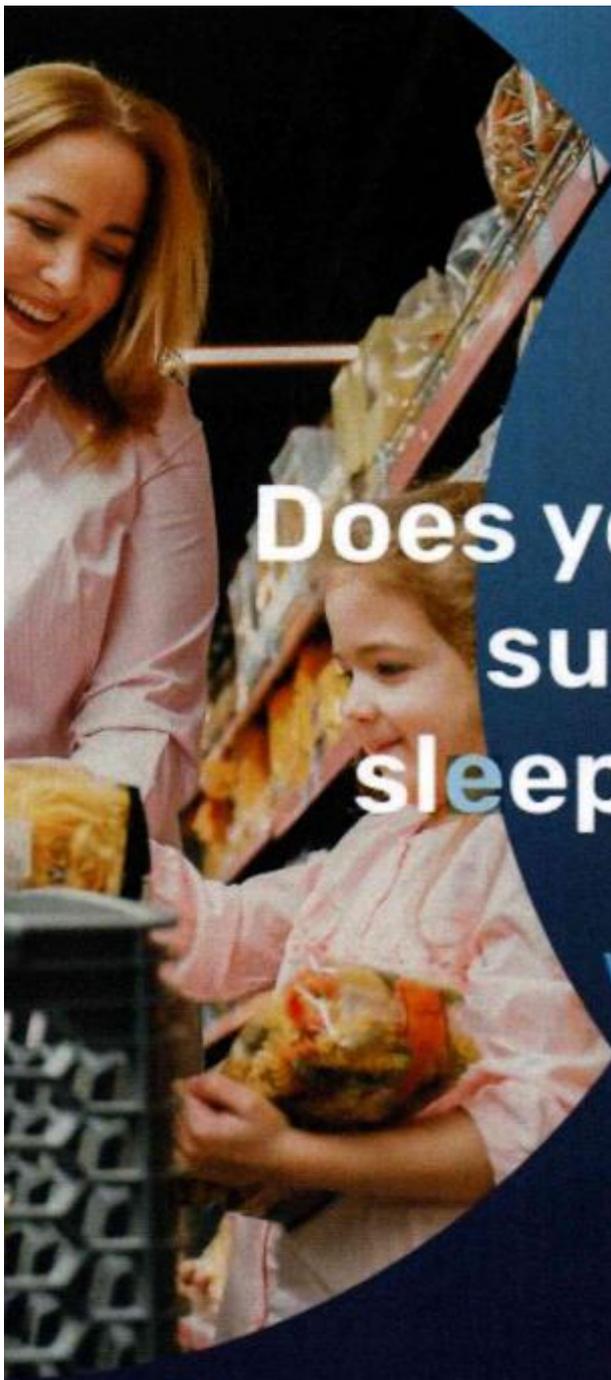
Mrs Claire Lewis  
Assistant Head,  
Inclusion

Miss Claire Lewry  
Family Support  
Manager

Ms Gina Watts  
Learning &  
Behaviour Mentor

Mrs Dee King  
Specialist SALTA

Mrs Ali Foster  
Specialist SALTA



the national  
**sleep**  
helpline

# Does your child suffer with sleep issues?

Do you struggle  
with your child's  
bedtime?

Will your child  
not sleep in  
their own bed?

WE CAN HELP

 **03303 530 541**  
Available Sunday - Thursday 7pm - 9pm

**50%**

**Around 50% of  
children will have  
a sleep issue at  
some point\***

### WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

### HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**

Available Sunday - Thursday  
7pm - 9pm

