

Hello parents and carers,

We have been very happy to see the sunshine lately, which has boosted the mood of our students! We encourage all our learners to go outside, spend quality time with family and friends, enjoy activities and interact with others to make the most of the good weather.

On 21st June, we celebrated World Music Day by hosting musical activities across the school, such as musicians coming to the school to play, students showing their progress playing piano and one class making a "West Lea rap". Students really enjoyed the day, during which many were happy, calm and relaxed. This reflects the power of creative outlets including music to boost students' moods and confidence.

Lastly, I encourage all parents and carers to undertake activities which do not involve mobile devices this summer. Minimizing screen time can help strengthen connections with your child and combat any anxiety or pressure the online world places on them. Other activities might involve going for walks, camping, playing games, taking part in sports events, bike rides or day trips!

As always, we encourage all West Lea students and staff to ask for help if needed. West Lea School is determined to help people as much as we can so everyone can thrive. We can also guide and connect you with relevant resources which can help you.

Jose Negrin
Head of Therapeutic Support
West Lea School



INITIATIVES AT WEST LEA

We deliver a number of therapies at West Lea School to meet the variety of our students' needs.

For example, our medical team support children with medical needs, including the management of complex epilepsy cases or physical disabilities. A member of the medical team is always available across each campus. The team is led by Gill and formed by Debbie, Aga, Kirsty, Colleen, Caroline, Phoebe, Sherri, Shazia, Rochelle, Seyma.

In addition, school nurses liaise and work closely with our medical team, offer advice and expertise, and support with care plans (including in emergencies). Our nurse team includes Umu, Sonila and Angela.

We also offer Speech and Language Therapy. Our team provides life-changing treatment, support and care for children and adults who have difficulties with communication, eating, drinking and swallowing. They help people who, for physical or psychological reasons, have problems speaking and communicating. Patients range from children whose speech is slow to develop, to older students whose ability to speak has been impaired by illness or injury. The team also provides treatment for students who have difficulty eating or swallowing. They support students with mild, moderate or severe learning difficulties, language delay, specific difficulties in producing sounds, hearing impairment, cleft lip and palate, stammering, voice disorders, selective mutism and/or developmental language disorder. Our therapists are Maddy, Julie, Tara and Stav.



USEFUL RESOURCES

> [Kooth](#)

Kooth provides online mental health and wellbeing support to young people (over 11 years old) via any internet accessible device, and offers an opportunity to interact in a supportive way with other young people as well as receive help from a qualified counsellor.

One user explains:

"I really like how you can share anonymously and have help from others. It makes me feel accepted and that people will not judge me"

We encourage parents and students to try this app if needed and explore the different areas and info it offers.



KEY DATES

25th July

National Schizophrenia Awareness Day

10th September

World Suicide Prevention Day

10th October

World Mental Health Day

10th - 16th October

Obsessive Compulsive Disorder (OCD) Awareness Week

2nd November

National Stress Awareness Day