

YOUR CHILD'S MENTAL HEALTH AND WELL BEING.



Sir John Cass

Sir John Cass's Foundation & Red Coat CofE
Secondary School and Sixth Form College

www.sjcr.net

This film was made by
young people at Sir John Cass Red Coat School

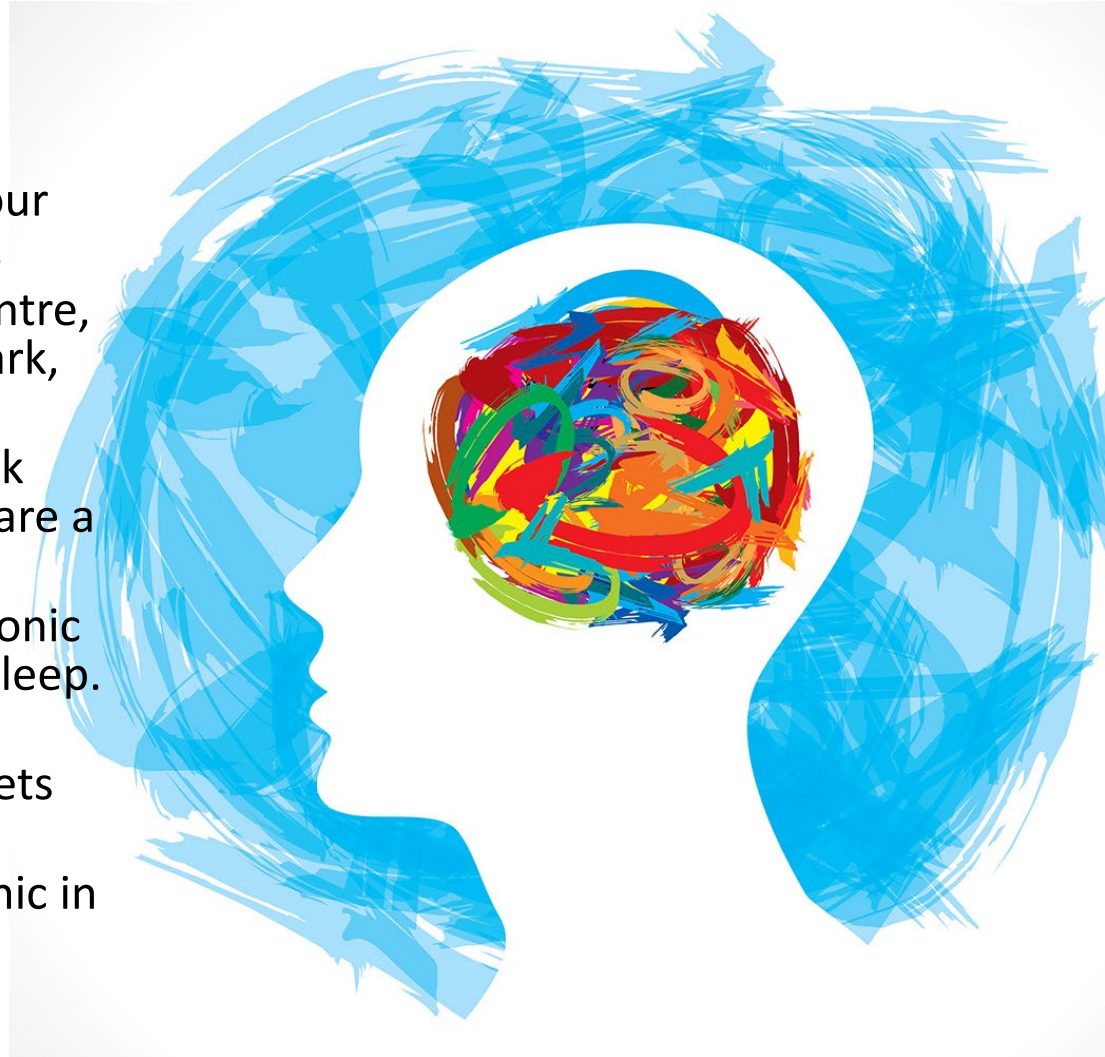
**INTO
FILM**



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LOOKING AFTER YOUR CHILD'S MENTAL WELL BEING

- Talking and Listening – talk to your child about how they are feeling.
- Physical activity – local sports centre, swimming pool, playing in the park, cycling
- Healthy food 3 times a day – junk food treats for weekend only. Share a family meal together.
- Regular bed time – and all electronic devices removed 1 hour before sleep.
- Hobby / activity - police cadets, karate, drama club , Tower Hamlets holiday activities
- Family time – trip to cinema, picnic in the park, bowling



HELP AND SUPPORT



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Head of Year 7 – Mr Uddin - shams.uddin-salam@sjcr.net
Lead School Counsellor – June Dean - jdean37.211@lgflmail.org

Early Help

Supporting Children and Families in Tower Hamlets
Information for families

www.towerhamlets.gov.uk/earlyhelp
0207 364 5006 (Select option 2)



A few examples of where Early Help Support comes from:

Education and Early Learning	<ul style="list-style-type: none"> Schools Attendance and behaviour support services Stay and play 	<ul style="list-style-type: none"> Nurseries Parent/child sessions Early Learning for 2-year olds
Family and young people support	<ul style="list-style-type: none"> Youth hubs Parenting groups/Courses Drop-in sessions Domestic violence support Groups for male carers/dads 	<ul style="list-style-type: none"> Children Centres Youth employment (Young Workpath) Alcohol and Substance misuse
Advice and welfare	<ul style="list-style-type: none"> Housing advice Benefits advice 	<ul style="list-style-type: none"> Adult learning Adult employment (Workpath)
Health	<ul style="list-style-type: none"> Health visiting Midwifery School nurses 	<ul style="list-style-type: none"> Drop in clinics GPs Counsellors Breast Feeding clinics

FamiliesMatter Issue 48 February 2019
News, information and training to support your work with families

The Parental Engagement Team
Supporting Families
2018-19 Satisfaction Survey Feedback

92% of parents agreed that accessing the service or course had helped them to understand their child's development and improve their relationship.
“For any parent who faces difficulties with their children's behaviour, this course would definitely make a difference in a positive way.”
Parent, Triple P Group parenting course

99% of parents agreed that the service or course had increased their confidence and awareness which supported their own learning and development.
“The Parental Engagement Team provides practical activities that can be easily replicated at home and further both a child's, and in some cases, adult's learning.”
Parental Engagement Worker

99% of parents and partners agreed that the staff delivering the service or course had been knowledgeable and professional.
“The facilitator running the session was really supportive and encouraged us to overcome our fears of telling stories.”
Parent, Every Parent a Storyteller course

100% of parents and partners had said that they would recommend the service or course to another parent/carer or setting.
“The course was excellent, more families should do it.”
Parent, Strengthening Families, Strengthening Communities parenting course

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The Parental Engagement Team

0207 364 1952

husna.bgum@towerhamlets.gov.uk

BUILDING EMOTIONAL RESILIENCE.
Parent Workshop@ Sir John Cass
Tuesday October 15th 9 – 11 am.
All parents welcome.



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