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Welcoming our Worry Monster Friends!

Dear Parents and Carers,

Today at school we are introducing our Worry Monsters to each class. This is an extension to our existing Worry Boxes that classes already have. We always encourage children to share their worries, but Worry Monsters are one way to offer children an alternative way to communicate their concerns and worries in a low key and easily accessible way, without having to share them out loud with adults or other children.

Worry monsters like to eat worries, so children will be encouraged to write their worries down and post them into their worry monster, writing their name if they would like some help to solve their problem.



As part of our PSHE:Jigsaw programme, children's emotional wellbeing and mental health is paramount. We also believe that due to the current climate and anxiety surrounding COVID-19, it is an ideal opportunity to introduce our Worry Monsters and hope they will be useful for the children and staff in sharing and addressing anxieties and concerns.

Classes will be encouraged to name their monster and they will be displayed in class to remind children that their monster is there to help if needed! Please help us share the Worry Monster's mission and encourage your child to use the Worry Monster should they need to.

Yours faithfully,

Mr. Gary Spracklen - Headteacher

