



# Mental Health and Wellbeing - Miss Lucey

Hello Westmeadows School community,

You may already know that this year I have new role.

It is called a Mental Health and Wellbeing Leader, and as part of my job I will be promoting preventative and positive wellbeing within the school.

I will be helping teachers learn new skills about how we can support our students' mental, emotional, and physical health. It's very exciting and I'm hoping that this work can spread widely across the school community. From now on I'll be sharing some little tips and tricks to promote positive mental health and wellbeing, so keep watching this space!

Take care and keep well,

Miss Lucey.