



Brunel School

Brunel School
170b Torquay Road
Paignton
TQ3 2AL

Telephone: 01803 665522
Email: admin@brunelschool.org

Tuesday 22nd April 2025

Re: Wellbeing Support

Dear Parent/Carer,

I hope this letter finds you and your family well at the beginning of a new term.

I am writing to you about a very important topic that all Brunel School staff are very passionate about.

At Brunel School, we are committed to supporting the wellbeing of all our pupils. We understand that the challenges young people face—both in and out of school—can have a significant impact on their emotional health, behaviour, and ability to learn. We place a strong emphasis on creating a safe, supportive environment where every child feels valued and understood.

To ensure we are meeting the emotional and mental health needs of our pupils, we offer a range of well-being support across the school. This includes:

- **Pastoral/Behaviour Support Team:** Our dedicated pastoral team are available throughout the day to support pupils who may be experiencing difficulties or need someone to talk to.
- **Therapeutic Interventions through our Prosper Programme:** We work with trained professionals to offer targeted emotional support, including one-to-one and group sessions focused on areas such as managing emotions, building confidence, and improving social skills.
- **Safe Spaces:** We have designated quiet areas within the school where pupils can go if they are feeling overwhelmed and need time to regulate.
- **Wellbeing Curriculum:** Through our PSHE lessons and tutor time, pupils are encouraged to explore and develop strategies for looking after their mental and emotional health.
- **Pupil Voice and Pupil Wellbeing Lead:** It's very important to us that we listen to and act upon feedback and suggestions from our pupils. We hold regular meetings with our year group representatives and Pupil Wellbeing Lead.

We also recognise how important it is to support families alongside our pupils. Parenting a child with additional needs or facing difficult circumstances can sometimes feel isolating or overwhelming, and we want you to know that you are not alone.

Some of the ways we support parents and carers include:

- **Signposting to Local Services:** We can connect you with a range of external agencies and services, including parenting programmes, counselling, housing advice, and financial or emotional support networks.



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- Regular Communication and Meetings: If you have concerns about your child, we are always here to listen. We offer regular review meetings, phone calls, and check-ins to keep you updated and involved. Our safeguarding team can be contacted by phone-01803665522, or by email, safeguarding@brunelschool.org. Further safeguarding information can be found on our website: [Brunel School - Safeguarding & Attendance](#)
- Parent Workshops: Throughout the year, we host information sessions on topics such as managing anxiety, sleep hygiene, and understanding trauma and behaviour.

If you'd like to know more about any of the above, or if you have concerns about your child or your own wellbeing, please don't hesitate to reach out. We're here to help.

Please visit the wellbeing section on our website for further information, signposting, wellbeing tips, and support videos: [Brunel School - Wellbeing](#)

Every day, we strive to improve our provision, education and the support we provide to our pupils and their families. To help us to continue to improve, we always give our parents, pupils, staff, and all stakeholders, the opportunity for their voices to be heard. If you have not already done so, we would be very grateful if you could complete our 'Communication & Wellbeing' survey, please. We are very grateful for your feedback.

Please click the link below to complete our survey.

<https://forms.microsoft.com/e/zr9cGn3DAP>

Yours Sincerely,

Benjamin Clark

Operations Manager & Senior Mental Health Lead