



Diocese of Birmingham
ST LAURENCE CHURCH JUNIOR SCHOOL
Bunbury Road, Northfield, Birmingham B31 2DJ
Telephone: 0121 464 6499
Website: www.stlrcj.bham.sch.uk
Email: enquiry@stlrcj.bham.sch.uk
Headteacher: Mr Andrew Murphy

14th May 2025

Dear Parents and Carers

At St Laurence we are very aware of the need to teach children about emotional regulation and mental health as part of our TIAAS (Trauma Informed and Attachment Aware) approach. We do this through our curriculum teaching, PSHE, collective worship and through our behaviour policy.

We know that adults at home also are keen to support but that this can sometimes feel a challenge. Each week we send home a "Wake Up Wednesday" safeguarding message and this week the focus is connected with the topic of fostering a sense of belonging which helps to support emotional resilience. A copy of this can be found on our website:

[WUW Sense of Belonging Guide](#)

At this point, it may be useful to remind you of previous guides that are also on our website linked to this topic:

[WUW Emotional Resilience Guide](#)

[WUW Develop Emotional Literacy Guide](#)

In school, we discuss Zones of Regulation to help children to understand their emotions and how to respond. Adults at home may also find this a useful approach to use and we have a guide that you can use:

[zones-on-a-page.pdf](#)

If you feel that your child's mental health needs more support then you can access NHS advice through PAUSE Birmingham. This offers a drop in service which now has a base in Northfield. Details about the support offered and how to book can be found here:

[Pause hubs | Forward Thinking Birmingham](#)

The NHS also fund an APP that parents can use at home (covers this area- insert home postcode)

Details of this can be found at:

[Free for families in Herefordshire & Worcestershire — Lumi Nova: Tales of Courage](#)

If you would like a paper copy of the Wake Up Wednesday messages mentioned please e mail me at senco@stlrcj.bham.sch.uk and I will arrange to send them home.

If you need any other advice, please also contact me.

Yours faithfully,

Mrs Lyn Haden

Assistant Head/ SENCo/ DSL