



## Information for Parents/Carers



Dear Parent/Carer

Below is some information about how Caterpillars works. Caterpillars is run by our Children's Mentors, Jo Gisbey and Pippa Harsant. All of our Children's Mentors are trained to support children in the development of their emotional literacy and in providing non-judgemental pastoral support. Caterpillars is a safe place that has a home-like environment where children are welcomed, nurtured, valued and empowered in order to overcome barriers to academic, social and emotional learning.

Some of the areas the Children's Mentors may work on are:

- Recognising Emotions
- Self-Esteem
- Social Skills
- Friendship Skills
- Anxiety & Stress
- Anger Management
- Loss & Bereavement

How does Caterpillars work?

- A regular slot during the school week for 30-45mins
- Sessions can be individual or in small groups and tailored to the child's individual needs
- Sessions are fun and might include role-play, puppets, board games, art and craft and stories
- They include time to talk
- A pupil's progress will be reviewed on a half-termly basis

As a parent/carer how can you help?

- By informing the class teacher or Children's Mentor if there are any issues that might be affecting your child
- Please feel welcome to contact your child's class teacher or Children's Mentor if you have any questions

Please can you fill in the Parental Permission Referral Form and return it to your child's teacher as soon as possible. If you have any further questions or would like to talk to one of the Children's Mentors, then please contact the school office and they can book in a time for you to do this.

Kind regards,

Ellie Yurtsever and Nicole Moir