

4<sup>th</sup> October 2019

Dear Parents/ Carers,

We are pleased to announce that Havering's newly appointed STAR Worker (Support, Time and Resilience Worker) Chance Brako will be attending the parent's consultation evening on the 10<sup>th</sup> October.

**A STAR Worker primarily works with children and young people to help them access support and external services. This can be youth clubs, sports centres, employment advice etc. He supports the emotional wellbeing of children and young people within Havering. Chance Brako has a cluster of schools that he is allocated to in order to support school staff with the emotional wellbeing of their pupils. He works with schools to identify existing support in the school and also any needs that CAMHS and other local services can help with, as well as directly working with children and their families who are experiencing a range of mental health problems.**

If you have any concerns about your child's mental health and wellbeing, both in school and at home, Chance will be available to signpost you to various resources available that you might find helpful.

You may wish to speak to Chance if you would like support with any of the following;

- Poor sleep routines
- Spending extended periods of time on tablets/ gaming etc.
- Developing good relationships with peers
- Exam or school work stress
- Anxiety
- Bereavement
- Communication skills

You will be able to find Chance in the corridor outside the office (enter by the slope by the stage) on 10th October, 3.30-7.00pm

In the meantime, if you have any questions or concerns about your child's mental health and wellbeing, please speak to the class teacher in the first instance.

Yours sincerely,

Mrs Daly  
Mental Health Champion