



Nova Hreod Academy

The best in everyone™

Part of United Learning

Social, emotional and mental health

Your child may be experiencing the following:

- Your child may be experiencing short but significant periods of high stress, anxiety
- May easily become distressed or angry
- Highly impulsive and struggle to regulate behaviour which could impact on their learning
- May find it very difficult to manage their own emotions or understand others' emotions
- May find it extremely difficult to manage situations with heightened or multiple sensory triggers

Your young person may have a recognised condition or need such as:

- Difficulty forming and maintaining relationships
- Going through bereavement
- ADHD/ADD
- Attachment disorder
- Low Self esteem
- Challenges outside of school
- Difficulty attending school

Please be aware that further support is made available to targeted students in small groups or 1:1, this level of support is agreed on an individual basis and will be discussed with parents and school leaders. A student receiving additional support will be monitored and the support reviewed regularly to ensure appropriate application and positive impact.

For further advice please follow the associated links below

<https://www.adhdfoundation.org.uk/>

<https://www.attachment.org/reactive-attachment-disorder/>

<https://youngminds.org.uk>