Wellbeing at Wimbledon Chase

February 2026

Mental Health and Wellbeing at Wimbledon Chase

This week Wimbledon Chase will be taking part in Place2Be Children's Mental Health Week: the theme this year is - This is My Place.

Feeling that you belong is something that is very important to everyone at Wimbledon Chase and this week's activities will be highlighting this. Across the week, the children will be spending time with their buddy class, having circle time, being part of assemblies and thinking about their wellbeing. On Friday it is Come in Comfort Day when the children can come to school in comfy clothes. This could be pyjamas, onesies, tracksuits or whatever feels comfortable.



Thank you to Carolina in Year 5 who suggested this!
Please wear shoes which are suitable for wet weather.

Place2Be - Parent Support

Place2Be is a charity dedicated to improving children's mental health and it has an excellent website full of advice for parents.

Here is a link to its Parenting Smart Hub. This has over 50 articles and video clips on strategies to help with common parenting challenges including: Understanding Sibling Rivalry; My Child Says "I Hate You!"; My Child Pushes My Buttons and My Child Struggles With Change.

This section offers further support and signposting links Supporting My Child's Mental Health.

Education Wellbeing Service

The Education Wellbeing Service is an NHS Mental Health Service for schools. They offer free webinars, workshops, signposting and 1:1 6-8 week support for parents of children coping with anxiety or tricky behaviour.

We work with the EWS to offer a range of support that our families are able to access. We are proud to be one of the most engaged schools in Merton, supporting over 50 families with 1:1 support and having one of the highest uptakes on webinars and workshops.

If you would like to know more or if you feel that you would like support then please click here for the EWS webinar programme, here for the self-referral form and here for the Parent Workshop programme link.



Need Support? Want to talk?

Ask to speak to any key members of staff via the school office confidentially

Nikki Adamson – Mental Health and Wellbeing Lead
Clare Knapman – Inclusion Manager and Deputy Designated Safeguarding Lead
Sian Dotchin – Parent Support Advisor
Louise Crane– Deputy Sendco
Omrah Zaman– Education Wellbeing Practitioner