

Wednesday 26th March 2025

Dear Parents/Carers,

We are writing to let you know about a new initiative we have recently introduced to help children regularly let adults in school know about their wellbeing.



We are currently implementing a system called 'Pulse'. This enables regular check ins where children can communicate their feelings. This helps us to know quickly if they feel positive or need any further support if there is something that they are worried or anxious about. It gives instant visibility and therefore gives a mechanism where we can closely support children quickly with their mental, social and physical wellbeing.

We also understand that some children may find it difficult to speak up about something and so Pulse will help them to communicate to us. Pulse is currently available for Year 3 upwards. Younger children in EYFS, Year 1 and Year 2 will still communicate verbally and through the worry box.

All children have their Pulse logins (this is the same as their computer logins), they know how to access the system and have started logging their check ins. They may do so from home and at school. Teachers will respond to any concerns children raise within 48 hours. Children can also still use the worry box and talk to their trusted adults in school if they have any immediate worries. Ideally, we would like children to check in as often as they feel they need to but would encourage this to be at least fortnightly.

As a school, we feel that Pulse is a really positive addition. It will enable us to be as proactive as possible to identify any worries or issues that children may be facing. It also enables us to analyse longer term patterns where children may require additional support such as our ELSA or specific interventions. I have also attached a guide about Pulse for your information.

Many thanks for your support.



Mrs A Early
Headteacher