

Knox Central Primary School Wellbeing Newsletter



Hello
from Mrs Rae

Hello Knox Central Primary School Community,

Welcome back to a brand new school year. I hope the holidays provided your families with time to rest, connect and enjoy special moments together. As we begin the year, I would like to reintroduce myself in my role as the Mental Health and Wellbeing Leader at Knox Central Primary School.

For those that don't know me, my name is Emily or Mrs Rae. At home I live with my husband Joel, our two young boys, Fletcher and Reuben and our very playful dog Franklin. Family life is busy and fun, and it continually reminds me how important connection, care and wellbeing are for children as they grow.

I am very excited to continue supporting the wellbeing of our students, families and staff. My role focuses on nurturing safe, inclusive and connected learning environments where every child feels seen, supported and able to thrive. I work with teachers, families and external services to promote positive mental health, strengthen relationships and ensure our students have the tools they need to succeed both emotionally and socially.

At KCPS, you will find me in the Wellbeing Room opposite Lisa's office. I teach the Rights, Resilience and Respectful Relationships program across all year levels, facilitate small groups focused on social and emotional learning, and regularly meet with parents and families who may have concerns about their child's wellbeing or mental health. While I am unable to provide counselling, I can support families to access both internal school supports and appropriate external services.

As we begin this school year together, I look forward to partnering with you to support your children. Please know that I am always here to listen, support and work alongside you. Together, we can continue to build a caring and connected school community where every child feels safe, valued and ready to learn.

Have a great weekend!

Mrs Rae
Mental Health and Wellbeing Leader

