



**GRETTON
PRIMARY
SCHOOL**

**Gretton
Cheltenham
Gloucestershire
GL54 5EY
Telephone: 01242 602679**

Headteacher: Mr Adam Sallis MEd, NASEN, NPQH

**admin@gretton.gloucs.sch.uk
www.gretton.gloucs.sch.uk**

Friday 4th April 2025



Dear Parents,

At Gretton Primary School, we are committed to providing the best possible support for all our children. We understand that children sometimes face challenges that are difficult to navigate on their own, and in such instances, emotional support can be invaluable.

We are pleased to inform you that we will be working with Hannah Young at Beyond the looking glass who is able to organise private Play Therapy sessions for children in school. Play Therapy is a child-centred therapeutic approach that helps children express their feelings, process experiences, and develop coping strategies through guided play activities. This therapy is particularly beneficial for children who may have difficulty verbalising their thoughts or emotions, such as those dealing with anxiety, trauma, grief, social challenges, or behavioural issues.

Why Play Therapy?

Children often struggle to express their thoughts and emotions in a direct manner. Play therapy provides them with a safe and comfortable space to explore their feelings, practice new behaviours, and gain a better understanding of their inner world. It is an effective tool for:

- Building emotional resilience
- Enhancing social and emotional skills
- Improving self-regulation and coping strategies
- Addressing challenges such as anxiety, sadness, anger, and behavioural difficulties

If you feel that your child may benefit from private play therapy sessions, please contact Hannah Young directly at beyondthelookingglasspt@gmail.com Further details about her services can be found [here](#). I have also attached some information for parents and children. Please do get in touch if you would like to discuss your child's specific needs and how play therapy may support their development.

We are excited to offer this additional support and believe it will provide a positive impact on the emotional and social growth of the children at Gretton.

Yours sincerely,
Mrs Alison Dodd
SENDco and Wellbeing lead
adodd@gretton.gloucs.sch.uk