

Willowfield Academy Wellbeing Team



Laura-Jayne Whitehead

Wellbeing Team

In my role within the school, I provide targeted interventions to support students' emotional and social development. This includes LEGO Therapy, a play-based approach that helps children develop essential skills such as turn-taking, sharing, listening, and teamwork. I also deliver Drawing and Talking, a therapeutic intervention that allows children to process significant life changes in a safe and supportive environment.

Additionally, I provide ELSA (Emotional Literacy Support Assistant) sessions, which help children understand their emotions and how they express them. Through these interventions, I aim to create a supportive space where students can build confidence, resilience, and positive relationships.



Gareth Westray

Assistant Principal and Wellbeing Lead

At Willowfield, we are committed to fostering a culture of care, support, and holistic wellbeing for all members of our community. As the Wellbeing Lead, my role is to ensure that every individual—whether staff, student, or stakeholder—feels valued, heard, and supported in their mental, emotional, and physical wellbeing.

We offer a range of resources, initiatives, and support networks designed to promote positive wellbeing, resilience, and a balanced lifestyle. Whether you need guidance, a listening ear, or access to professional support, we are here to help.

Wellbeing is a collective effort, and we encourage open conversations and collaboration. If you have any questions or need support, please feel free to reach out. Together, we can create a positive and thriving environment for everyone.



Charlotte Timson

Wellbeing Team

In my role within wellbeing at Willowfield, I am committed to ensuring children have a safe and supportive space to express their emotions and feel listened to.

I deliver therapeutic sessions in my role as an ELSA (Emotional Literacy Support Assistant), supporting children to recognise and name their emotions, manage feelings such as anger and anxiety, and develop healthy emotional understanding.

Most importantly, I aim to provide a calm, safe space where children feel comfortable to talk. Sometimes, we all just need a good break and a chat and I'm here to offer that support.