

Joseph Hood Primary School

Mental Health and Wellbeing

Newsletter 7



Mental Health and
Emotional Wellbeing

Mental Health and Wellbeing at Joseph Hood

At Joseph Hood, the mental wellbeing of our community is of vital importance. Along with the half-termly Mental Health Newsletter there are more resources available on the website.

<https://www.josephhood.merton.sch.uk/mental-health-and-wellbeing/>

Contact us



If you feel you would like to speak to someone about support for either your child's or your own mental health and wellbeing please email.

mentalhealthlead@josephhood.merton.sch.uk

Children's Mental Health Week 2024 - My Voice Matters

This week the children at Joseph Hood have been taking part in different activities all about Children's Mental Health week.



On Monday, KS1 and KS2 had an assembly all about how their voice matters. The assembly was based around the book *Speak Up!* as it is about a young girl who uses her voice to make a change.

During the week, the PSHE lessons have been based on the theme.

Ask your child what they learnt about mental health this week!

Key adults

Mrs Saville: Executive Headteacher, DSL

Mrs Wright: Head of School, DSL

Ms Shepard: Assistant Head, SENCO and Inclusion Lead, DSL

Mr Smith: Assistant Head, DSL

Miss Earl: UKS2 Lead, Mental Health Lead, Deputy DSL

Mrs Childs: EYFS lead, Deputy DSL

Mrs Helen, Mrs Jade, Miss Claire, Miss Shelby: ELSA

Mrs Doel: Mental Health First Aider, Deputy DSL

Karen May: SEMH consultant

NHS Wellbeing Service



As a school, we are supported by the NHS Wave 6 Merton Mental Health Support Team. The team includes a clinical psychologist and Education Wellbeing Practitioners.

If you would like more information about their work, or how they can support you, please contact your child's teacher or the school's SENCO (Miss Shepard) or Mental Health Lead (Miss Earl) or email their team directly:

Wave6MertonMHST@swlstg.nhs.uk

Our Parent Interventions

We offer 2, parent-led, Guided Self-help support programmes for parents looking to explore new ways of supporting their children with...

Anxiety



Challenging Behaviour



Follow the QR code to refer to us directly:

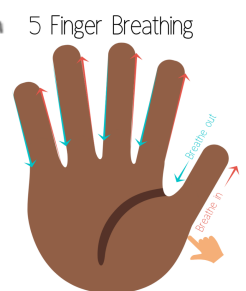


Top tip: Five Finger Breathing

Trace your hand with your finger.

Breathe in through your nose on the up motion.

Breathe out of your mouth on the down motion.



Key dates



Coffee mornings at Joseph Hood

- Friday 1st March 9:00 - 10:30: Managing Your Child's Emotions. Join us for a coffee/tea and a presentation delivered by two NHS Education Wellbeing Practitioners.

Sign up using this link: <https://forms.gle/K7qCP3LDLiWPqRnv9>

Upcoming FREE webinars

<https://www.eventbrite.com/cc/primary-parents-nhs-wellbeing-workshops-682309>

Channel 4 Reset and Rewind

<https://www.channel4.com/programmes/reset-and-rewind>



The UK's leading MCs, rappers and lyricists talk openly about mental health, and offer science-based mindfulness techniques to help young people improve their wellbeing. Check that they are suitable for your child before sharing.



NHS
South West London and
St George's Mental Health
NHS Trust

Education Wellbeing Service



Understanding and Managing Your Child's Emotions

A coffee morning for all parents on
Friday 1ST March 2024 at 9:00-10:30
Joseph Hood Primary School

**Join us for a coffee/tea and a presentation delivered by
Angela Mikisa and Megan Doyle (Education Wellbeing
Practitioners),**

where we will:

- Look at how emotions influence children's behaviour.
- Learn how to communicate with children about their emotions.
- Explore how we as adults can respond to emotions and behaviour in a way that supports children's development and improves family dynamics.

For further information about the coffee morning, please speak to Miss Earl by emailing mentalhealthlead@josephhood.merton.sch.uk or email us directly at Wave6MertonMHST@swlstg.nhs.uk

Please register your interest using the link or QR code below

<https://forms.gle/K7qCP3LDLiWPqRnv9>

