

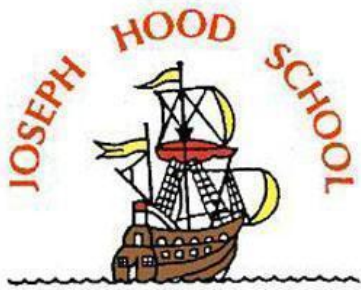
Joseph Hood Primary School

Mental Health and Wellbeing

Newsletter 6



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/>

Anti-Bullying Week: Make A Noise About Bullying.

This half-term, the children took part in Anti-Bullying Week. The week started with an assembly. On Wednesday, everyone took part in Positive Noticing Day where all of the children and staff made a positive effort to notice positive things about each other. During the week, our PSHE lessons were based around bullying and how to be actively anti-bullying. For more information around Anti-Bullying Week please visit this website:

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-a-noise-about-bullying>

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:



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

Key adults

Mrs Saville: Executive Headteacher, Head 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, DSL

Mrs Childs: EYFS lead, DSL

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

Mrs Doel: Mental Health First Aider, DSL

Karen May: SEMH consultant

Useful resource

This half-term was anti-bullying week. The link will take you to a guide to support parents with this.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/#HowcanIhelpmychildifIthinktheyrebeingbullied>

Key dates



Coffee mornings at Joseph Hood

- TBC for the spring term.

Upcoming FREE webinars

- Understanding and Supporting Your Child's Sleep - 16th and 17th January
- Supporting Common Child Anxieties and Worries - Including Around Exams - 27th and 29th February

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

NHS Wellbeing Youtube Channel

Visit their YouTube channel for a great selection of mental health and wellbeing videos for parents, staff and young people:

<https://www.youtube.com/channel/UCrRKV84lb8Jr69Z7ZhjSjCg>

