

# Joseph Hood Primary School

## Mental Health and Wellbeing

### Newsletter 5



Mental Health and  
Emotional Wellbeing

#### Mental Health Newsletter

At Joseph Hood, the mental wellbeing of our community is of vital importance. This half-termly Mental Health Newsletter will provide updates of the services and support we provide as a school as well as showcasing other resources that are available.

#### NHS Wellbeing Service

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

- Workshops and webinars on mental health and parenting
- Coffee mornings
- Signposting to appropriate services
- Early intervention: Free (NHS funded) one-to-one, parent-led guided self-help for parents who are starting to struggle with challenging behaviour and childhood anxiety.

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

[Wave6MertonMHST@swlstg.nhs.uk](mailto: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](mailto: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

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



Parenting advice from child mental health experts. Practical tips to support children's wellbeing and behaviour.

<https://parentingsmart.place2be.org.uk/>

#### Key dates - upcoming FREE webinars

- Understanding and Supporting your Child with Autism Spectrum Condition - *Mon, Nov 13, 2023 13:00 or Tue, Nov 21, 2023 18:00*
- Supporting Big Emotions at Home and School - The Zones of Regulation - *Tue, Nov 14, 2023 19:30 or Thu, Nov 16, 2023 12:30*

<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/UCrRKV84lb8Jr69Z7ZjhSjCg>