

# Joseph Hood Primary School

## Mental Health and Wellbeing

### Newsletter 4



Mental Health and  
Emotional Wellbeing



#### Key dates



- 21st July - Last day of School Year - SCHOOL CLOSSES AT 1.30pm
- Monday 4 September 2023 - INSET DAY
- Tuesday 5th September - Children Y1-6 return to School

#### Useful resource

<https://stem4.org.uk/> is a great website in supporting mental health - particularly for older children.

They have also created some apps that have mental health in mind.

#### 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

Ms Shepard: Head of School, SENCO and Inclusion Lead, DSL

Mr Smith: Head of School, DSL

Miss Earl: Year 6 teacher, Mental Health Lead

Mrs Childs: EYFS lead, DSL

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

#### Off The Record



Off The Record continues to work over school holidays so the counselling services will continue.

All of the services are accessible by self-referral to young people who live or study in Merton, or are registered with a Merton GP (or live/work/study on Croydon or Sutton) and up to date details are available at [www.talkofftherecord.org](http://www.talkofftherecord.org) These include:

- Online webinars for young people - these will continue over the summer break although a noticed reduction in uptake - webinars run every Thursday at 5pm.
- Online webinars for parents/carers
- Weekly online "Keeping Connected" group on Tuesdays at 2pm - weekly group space to check-in, chat and share thoughts [www.talkofftherecordonline.org](http://www.talkofftherecordonline.org) to sign up.
- Saturday Support Line 0800 980 7475 - every Saturday from 10am to 1pm - call to speak to an OTR counsellor
- Text-based counselling for young people - where young people are able to start working with an OTR counsellor in just a few days
- In-person, video and telephone emotional support for young people - sign up for support Sign up [www.talkofftherecord.org](http://www.talkofftherecord.org)

#### Support over the summer



Please see the poster that is attached to this newsletter for further help available to you over the summer. There are some great resources attached.

#### Talking Mental Health

A great resource to support you in talking about mental health with children.



<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

Have a wonderful summer break.

Thank you for all of your support this year. These newsletters will continue in the next school year.