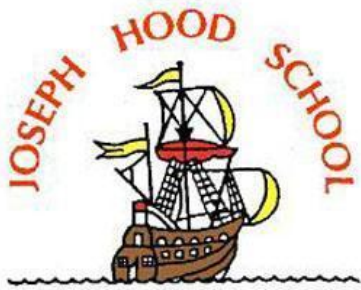


Joseph Hood Primary School

Mental Health and Wellbeing

Newsletter 2



Mental Health and
Emotional Wellbeing

Key dates



- Monday 24th April - Worry Ninja Y6 parent workshop 18:30 - 19:30 online.
- 9th - 12th May - Y6 SATs week
- 15th - 21st May - Mental Health Awareness Week

Useful resource



For videos about support with Mental Health and Wellbeing please visit the YouTube linked.

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

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

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

Karen May: SEMH consultant

Education 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 the Mental Health Lead by emailing mentalhealthlead@josephhood.merton.sch.uk or email our team directly: Wave6MertonMHST@swlstg.nhs.uk

If you feel you would like to be referred to the team, please contact the Mental Health Lead by email.

Coffee Morning

Thank you for those who came to the coffee morning with the Education Wellbeing Service. There will be other coffee mornings with a different focus each time.



School website



The website page for Mental Health and Wellbeing can be found under the Parents and Community tab on the website. It has been updated and organised into three categories: adults, supporting your child and resources the children can use. These will be regularly updated as we are working closely with the Education Wellbeing Service in order to make sure it is as up to date as possible with local support and resources.

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

Children's Mental Health Week

This year's theme was Let's Connect. We had an assembly all about what that meant and how we could connect with others. On Friday afternoon, each classroom then had a different activity that allowed them to connect. These ranged from karaoke and dancing to watercolour painting and board games. They decided on the activity they wanted to do. The children and teachers thoroughly enjoyed it.