



Joseph Hood Primary School

Mental Health and Wellbeing

Newsletter 1



Mental Health and
Emotional Wellbeing

Welcome to our first Mental Health and Wellbeing Newsletter!

We hope you enjoy our half termly Wellbeing Newsletters. They will be filled with useful ideas, tips and links to help support positive mental health and wellbeing for your children and yourselves. They will also keep you updated with events that have been happening in and out of school as well as key dates for the future.

Key dates



- 6th-12th February
Children's Mental Health Week
- 8th March - date to be confirmed
Educational Wellbeing Service Coffee Morning

Contact us

There is now an email dedicated to mental health and wellbeing. 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.

If you have any other day to day concerns or questions, please contact your class teacher by emailing the office.



Mental Health and Wellbeing at Joseph Hood

At Joseph Hood Primary School, we are committed to supporting the emotional health and wellbeing of our pupils, parents and staff.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

School website



On the school website there will be a dedicated tab which contains links to useful resources and websites. This will be sorted by the end of half term.

Children's Mental Health Week

For more information about Children's Mental Health Week please visit the official website.

<https://www.childrensmentalhealthweek.org.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: ELSA

Mrs Jade: ELSA

Miss Claire: ELSA

Miss Shelby: ELSA

Coffee Morning

The Education Wellbeing Service will be doing a coffee morning in the school hall all about supporting your children with anxiety. The presentation will be delivered by Dr Kelly Lewis-Cole, Clinical Psychologist.

More information will be sent out about this once the date is confirmed.



Suggestions

The next newsletter will be out in spring 2 half term. If you have any comments or suggestions about what you would like to see in it, please email

Mentalhealthlead@josephhood.merton.sch.uk.