



# MENTAL HEALTH AND WELLBEING NEWSLETTER



## WELCOME

At Joseph Hood, we take mental health seriously and are committed to supporting the well-being of every student, staff member, and their families. We aim to create an environment where everyone feels safe, supported, and empowered.

This half-termly newsletter is designed to keep you informed about the latest updates, resources, and initiatives focused on mental health within our school community. Here, you'll find helpful information, tips, and upcoming events that promote positive mental well-being. We hope this resource helps provides valuable support to everyone in our school community.

## KEY ADULTS

- Mrs Saville: Executive Headteacher, DSL
- Mrs Wright: Head of School, DSL
- Ms Shepard: Assistant Head, SENCO and Inclusion Lead, DSL
- Miss Earl: UKS2 Lead, Mental Health Lead, Deputy DSL
- Mrs Childs: EYFS lead, Deputy DSL
- Mrs Helen, Mrs Jade, Miss Claire, Miss Shelby, Miss Sarah: ELSA
- Karen May: SEMH consultant

## NHS WELLBEING SERVICE

As a school, we are supported by the NHS Wave 6 Merton Mental Health Support Team. The team includes clinical psychologists 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 (Ms Shepard) or Mental Health Lead (Miss Earl) or email their 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**



Contact

[mentalhealthlead@josephhood.merton.sch.uk](mailto:mentalhealthlead@josephhood.merton.sch.uk)

for additional support and information.



Click the image to visit the EWS YouTube channel which is full of helpful videos.



**Education Wellbeing Service - SWLSTG**

@educationwellbeing - 1.01K subscribers · 77 videos

# Parent Webinars

## Spring Term Schedule 2025

Scan the QR code or follow the links to sign up to any of these free local NHS parent webinars

16<sup>TH</sup> January 12.00-1.30pm

This workshop talks through the difference between picky eaters, problem feeders and ARFID

### Understanding and supporting ARFID

For all primary school parents & carers

Scan the QR code or [click here](#)



28<sup>th</sup> January 1.00-2.00pm



Scan the QR code or [click here](#)

28<sup>TH</sup> & 29<sup>TH</sup> January

### Understanding And Supporting Your Child's Sleep

For KS2 parents & carers

29<sup>th</sup> January 7.00-8.00pm

Scan the QR code or [click here](#)



25<sup>th</sup> February 7.30-8.30pm



Scan the QR code or [click here](#)

25<sup>TH</sup> & 27<sup>TH</sup> FEBRUARY

### Supporting Common Child Anxieties and Worries - Including Around Exams

For Year 6 parents & carers

27<sup>th</sup> February 12.30-1.30pm

Scan the QR code or [click here](#)



17<sup>th</sup> March 7.30-8.30pm



Scan the QR code or [click here](#)

17<sup>TH</sup> & 19<sup>TH</sup> MARCH

### Promoting Sibling Harmony

For all primary school parents & carers

19<sup>th</sup> March 1.00-2.00pm

Scan the QR code or [click here](#)



We also provide free 1:1 early support for parents of primary aged children to support their child's common worries and anxieties, or support children's everyday challenging behaviours. Speak to your school to find out more.

[wellbeinginschoolsevents@swlstg.nhs.uk](mailto:wellbeinginschoolsevents@swlstg.nhs.uk)

