



AUTUMN 25

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 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.

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 click the image below, contact your child's teacher or the school's SENCO (Ms Shepard) or Mental Health Lead (Mrs Earl-Spencer) or email their team directly:

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

KEY ADULTS

- Mrs Saville: Executive Headteacher, DSL
- Mrs Wright: Head of School, DSL
- Ms Shepard: Assistant Head, SENCO and Inclusion Lead, DSL
- Mr Waterman: Assistant Head, DSL
- Mrs Earl-Spencer: KS2 Lead, Mental Health Lead, Deputy DSL
- Mrs Helen, Mrs Jade, Miss Claire, Miss Shelby, Miss Sarah: ELSA
- Karen May: SEMH consultant



Contact

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

@educationwellbeingservice · 1.01K subscribers · 77 videos



We will be organising a coffee morning with the NHS Wellbeing Service. If there is a theme you would like them to talk about, or something you need advice for, please let Mrs Earl-Spencer know.

INTRODUCING OUR NEW CHANGE MAKERS: THE WELLBEING LEADS

We are excited to introduce our newly formed Change Maker group, focusing on wellbeing across the school. I was delighted to receive so many applications! Thank you to all the children who took the time to apply. After much consideration, we now have an excellent team of pupils from Year 1 all the way to Year 6, each bringing brilliant ideas and a shared passion for helping others.

The group has created their own mission statement, which will guide their work throughout the year:

“Our mission is to promote positive mental health and wellbeing by making our school a happy, kind and supportive place where everyone feels safe, listened to and cared for.”

In their first meetings, the Change Makers have already come up with a wide range of thoughtful ideas to make a positive impact on our school community. Their first initiative will be the introduction of a Wellbeing Table at lunchtime, with the aim to create a calm, safe space during break and lunch where children can choose from wellbeing activities, connect with others, or take a moment to reset.

We look forward to seeing the Change Makers' ideas come to life and are incredibly proud of their commitment to making our school an even happier and more caring place.

ANTI-BULLYING WEEK

Anti-Bullying Week 2025 took place from Monday 10th - Friday 14th November, with the theme: Power for Good. The week kicked off with Odd Socks Day on Monday 10th, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique. Mrs Wright also did an assembly to introduce the key ideas.

One of the activities across different classes was creating Kindness Agreements. Children worked together to decide how they would use their “power” in positive ways, from including others in games to using encouraging words. Children also took part in activities that helped them celebrate differences. Through stories, discussions, and creative tasks, pupils explored what makes each person unique and why diversity makes our school community stronger.

Click the image for more information.



Education
Wellbeing
Service



Education Wellbeing Service Webinar

Understanding and Supporting Your Child's Sleep

The topic of sleep comes up a lot during our discussions with parents and carers and it's something that can impact the whole family. During this webinar we'll look at why sleep is so important for our children, how to create the right environment and routine to aid high quality sleep, the importance of independent settling, and some common sleep challenges for families.

DATE / TIME

Tuesday 9th December
1.00-2.00pm



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

LOCATION

Online - Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Tuesday 9th December
7.00-8.00pm



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



South West London and
St George's Mental Health
NHS Trust

Education Wellbeing Service Webinar

Building Strong Bonds: How to build Healthy and Secure Attachment/Relationships with Children

Join us for an insightful workshop designed for parents and carers, where we will explore the Circle of Security model, a proven approach to fostering secure and healthy attachments with children.

This session will guide you through the fundamental principles of the model, helping you understand your child's emotional needs and how to respond in ways that build trust and security.

You will learn strategies to enhance your caregiving skills, promoting a strong, supportive bond that nurtures your child's development and well-being.

Education
Wellbeing
Service



DATE / TIME

Monday 8th December
1.00-2.00pm



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

LOCATION

Online - Hosted on Teams

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wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Thursday 11th December
7.00-8.00pm



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