



SUMMER 26

MENTAL HEALTH AND WELLBEING NEWSLETTER



CHILDREN'S MENTAL HEALTH WEEK



Our Wellbeing Team kept everyone inspired during this week! We started with a Monday assembly focused on "Know Yourself, Grow Yourself," followed by a fun class quiz on Thursday. After a week packed with diverse wellbeing activities in every classroom, Friday was the ultimate highlight - every child chose their own special wellbeing activity from around the school to enjoy. Thank you to everyone for making mental health a priority!

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.

Join us on Thursday 9th July when we will be selling fruit kebabs to raise money for the wellbeing area.



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



Education Wellbeing Service - SWLSTG

@educationwellbeingsservice · 1.01K subscribers · 77 videos

SUPPORTING YOUR CHILD WITH ANXIETY COFFEE MORNING

A huge thank you to all the parents and carers who joined us for our recent workshop delivered by the NHS Wellbeing Team. The session focused on practical strategies for supporting children navigating anxiety and everyday worries.

We know how challenging it can be to watch a child struggle with big emotions, and we hope those who attended found the tools, insights, and guidance helpful. We are incredibly grateful to the NHS team for sharing their expertise with our school community.

For anyone who couldn't make it, the NHS team highlighted a few brilliant, actionable takeaways for talking to your child about big emotions:

- **Explore their worries**

Ask open questions like, "I notice you are worried about this... what worries you about this situation?" or "What do you think will happen?"

- **Give your best guess**

If they are struggling to find the words, share what you might be scared about in that situation to help them open up.

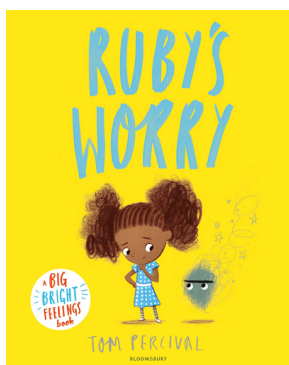
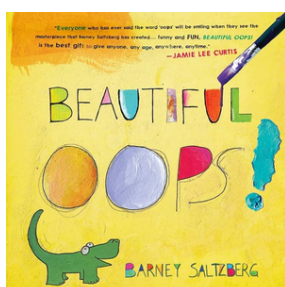
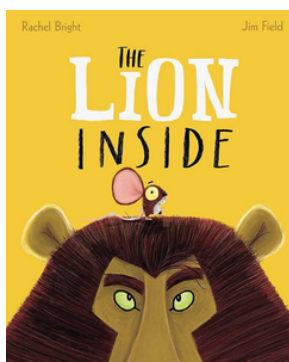
- **Use active and reflective listening**

Give them your full attention and mirror back what they are telling you so they feel truly heard.

- **Validate their emotions**

Look past the behaviour to attend to the emotion behind their actions, letting them know it is completely okay to feel the way they do.

BOOKS ABOUT OVERCOMING WORRIES AND FEARS



NORMAL WORRY

Relates to something novel.

Little impact on daily life.

Child can move on.

PROBLEMATIC WORRY

Relates to something familiar.

Big impact on daily life.

Child gets stuck with their worry.

RECOMMENDED VIDEO

This video aims to help parents and caregivers understand how asking curious questions can benefit their child.



4:35

Join Our FRUIT KEBAB SALE



The Wellbeing Change Maker Team will be selling delicious fruit kebabs to raise money for the wellbeing area.

Date: Thursday 9th July

15:15 on the playground

**Kebabs will be £1 each.
Cash only.**