



Termly Newsletter

Dear Parent,

Welcome to the new academic year and a special warm welcome to our Year 7 parents. Students have made a really positive start to this academic year and present as keen to learn, enthusiastic and happy. We acknowledge as a school that sometimes students will present differently to us compared to how they present at home. Therefore in order to compliment the wellbeing work that we are doing with students and staff this newsletter is designed to provide you with information that could help you to support your child at home.

We have recognised that the passing of Her Majesty Queen Elizabeth II will have affected many of our students in a variety of different ways. Students had a special assembly delivered by their form tutor on Friday morning to support them with their thoughts and emotions. Attached to this email is a guide containing advice on talking to children about the death of Her Majesty Queen Elizabeth.

West Sussex Single Point of Access (SPoA)

The SPoA is provided by Sussex Partnership NHS Foundation Trust's Child and Adult Mental Health Service (CAMHS), West Sussex County Council's Youth Emotional Support Service (YES) and YMCA Dialogue. It provides a simplified single route so that children, young people, families, carers and professionals can be directed to the right service, eliminating the need to refer to multiple services.

Anyone can make a referral to SPoA. In order to make a referral please [click here](#). From here the three services will work together to triage the referral and determine which service is the most appropriate offer for the young person.

Young People's Sussex Mental Healthline

In addition to the SPoA if any one needs to speak to a trained clinician as a matter of urgency there is 24/7 support provided by [Sussex Mental Healthline](#). Their contact number is 0800 0309 500. When a young person calls this number they will put straight through to a mental health trained clinician. If the clinician is on another call, a call back within an hour will be arranged.

Written toolkits

Toolkit for parents/carers: Advice from the NHS on helping your child look after their mental health [Click here](#)

Events for Parents/Carers - Self-Harm Learning Network

Join other parents and carers in a free on-line Zoom workshop to support you and your family.

Facilitated by West Sussex Mind and YMCA Downlink Group, and supported by Allsorts Youth Project, you have the



Key contacts:

Miss Z Froud - Senior Mental Health Lead

Miss L Gyngell - Designated Safeguarding Lead • Mr T Houghton - Deputy Designated Safeguarding Lead

Mrs J Newnham - Associate Safeguarding Lead • Heads of Year and Assistant Heads of Year



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opportunity to hear what is working for them, discuss your support needs, hear from guest speakers and get updates on the latest initiatives, research, resources and policies.

The content will focus on supporting young people who self-harm, as well as supporting friends, siblings, and ourselves.

This one and a half hour session will provide you with the opportunity to learn from real life examples of young people's experience of living with self-harm and what we can do to support their wellbeing, whilst also offering you valuable space and time to meet with other parents and carers in small, facilitated groups.

Any further enquiries please contact training@westsussexmind.org

www.mind.org.uk

www.mentalhealth.org.uk

www.place2be.org.uk

www.annafreud.org

Quote of the term: 'If you see someone without a smile, give them yours.'

Kind regards,

Zoe Froud

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Senior Mental Health Lead

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