



Termly Newsletter

Dear Parent,

Happy New Year and welcome to the Spring Oathall MHEW newsletter.

Upcoming events

Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is Let's Connect. Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. As parents and carers, you play an important role in your child's mental health.

Please find resources [here](#) to use when exploring this year's theme 'Let's Connect'.

Support and Training for students and parents

Girls Net

Free spaces available on the next series of Girls Net, an online mental health support group for girls aged 8-18 years old in West Sussex. The new courses start at the beginning of February 2023. Details are outlined below and in the attached leaflet (please click the article title to view).

Girls' Net is a six-week journey for girls equipping them for times of challenge and change. This course is made up of six 1¼ hour sessions in a small group of same-age girls guided by a fully trained Girls' Net Mentor. In between the sessions, girls have an interactive notebook online to prompt further exploration of each week's topic. Girls' Net is currently held online for girls grouped by age (8-18 years). By the end of the course, the girls not only have some practical tools for managing their emotions, but they've also had the experience of shared support.

The funding for this course runs until March 2023 and we are keen to have as many participants as possible to fill the courses.

To access a free place, there are three options:

- Apply online via the [Rites for Girls website](#)
- Email ukadmin@ritesforgirls.co.uk
- Call 07762 792277



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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West Sussex Single Point of Access

For young people with emotional wellbeing and mental health difficulties, there are lots of [services](#), but it can be difficult to know how, which and when to access them. Some of these services have come together to look at referrals from children and young people, and work alongside one another to help people access the support they need. This also means the child or young person doesn't have to tell their story multiple times, and can focus on finding the right help, at the right time.

The aim of the West Sussex Single Point of Access (SPOA) is to give children and young people a simple route to the information that they need. The service is for children and young people aged 4-17. For more information and to make a referral, please see the [following support page](#).

Thought-Full - Mental Health Support Teams in Schools

Our close work with the Mental Health Support Team continues and we are now fortunate enough to have 3 educational mental health practitioners working with Oathall students. 46 Oathall students have already received one to one support from the team plus all of year 10 & 11 have received support on how to cope with exam stress via our extended learning days.

Thought-Full supports West Sussex schools with all aspects of mental health and emotional wellbeing in three key ways:

- We support the senior mental health lead (SMHL) in each education setting to introduce or develop their whole school approaches to mental health and emotional wellbeing.
- We provide one to one evidence-based interventions in schools for mild to moderate mental health issues such as anxiety and depression.
- We give advice to school staff, and liaise with external specialist services, to help children and young people to get the right support and stay in education.

To access our support please speak to the SMHL in your school or email us via thought-full@westsussex.gov.uk. For more information, please see the [WSSfS Thought-Full webpages](#).

www.mind.org.uk

www.mentalhealth.org.uk

www.place2be.org.uk

www.annafreud.org

Quote of the term: "Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

Kind regards,



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