



Termly Newsletter

Dear Parent,

Updates

Oathall Student Mental Health Ambassadors (MHA)

Last summer a number of Oathall students trained to become MHA's. Since then they have been working hard to extend the support on offer for students. They have been focussing on three main projects under the guidance of Mrs Crockford, Mrs Perrin and Mrs Curruthers.

1. They have updated and improved the mental health advice display boards around the College
2. They have streamlined the 'Student Wellbeing Reflection Booklets' and included more opportunity for improving emotional awareness
3. Designed, set up and run a student wellbeing club weekly

In the Summer term we will be recruiting our next cohort of MHA's. Communication will be shared with parents and students in due course.

Thought-Full - Mental Health Support Teams in Schools

Thought-Full supports West Sussex schools with all aspects of mental health and emotional wellbeing in 4 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.
- Most recently we have been providing a series of parent sessions called 'Let's talk mental Health'. These have been really well attended and received by Oathall parents. Remaining session dates are listed below:
 - Weds 22nd Mar - 5pm-6pm
 - Thurs 2nd May - 5pm-6pm
 - Thurs 18th July - 5pm-6pm



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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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](#).

Parental resources and training

[This](#) link will take you to the College website page for Mental Health and Wellbeing support at Oathall. On this page you will find what support is on offer for students at Oathall and you will find access to the following resources:

- CAMHS parental webinars
- Thought-full - 'Let's talk mental health' presentations
- Previous newsletters
- Self-harm learning webinar
- Student Mental Health Toolkit

Parent Workshops from CAMHS

Our colleagues in the Child and Adolescent Mental Health Service (CAMHS) have produced a series of [pre-recorded webinars](#) for parents and carers. The topics cover a range of difficulties that young people may be experiencing. Each workshop gives an overview of a specific difficulty and also some hints and tips on how young people can be supported. There are also links to some resources that you may find helpful, either while you are waiting for CAMHS treatment, or as an alternative to CAMHS.

BBC Sussex Raising Teens

A number of West Sussex colleagues from both the SEND and Inclusion Service and Public Health have been involved in the latest series of [Raising Teens](#) on BBC Radio Sussex, as part of a project by Make Good Trouble. The series is aimed at parents of teenagers, but is an excellent source for anyone supporting this cohort of young people. The topics covered this series are:

- Accessing Mental Health Services
- Supporting Adolescent Trauma
- Eating Disorders
- From Teen to Adult
- Neurodiversity in Teens
- School Support for Mental Health



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Other useful websites:

- 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,

Zoe Froud

Assistant Headteacher

Student Experience, Wellbeing and Support

Senior Mental Health Lead

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