



# Termly Newsletter

Dear Parent,

This is our final Mental Health and Emotional Wellbeing newsletter of the Academic Year 2025-2026. What a year it has been! Our Mental health Ambassadors continue to work hard ensuring students' wellbeing is at the heart of what Oathall is about. The next stage of work is in conjunction with the Mental Health Support Team exploring ways of improving further the sense of belonging that Oathall staff, students and parents experience.

## Pride Month - June 2026

Oathall will be celebrating Pride Month with a series of assemblies for students being delivered by Miss Tratt and the Oathall Pride group.



The theme for UK LGBT+ History Month 2026 is 'Science and Innovation', which highlights the contributions of LGBTQ+ individuals in STEM fields. While Pride events worldwide often have distinct local themes (e.g., Brighton & Hove Pride 2026: "The Power of Love"), the overarching theme in the UK focuses on celebrating trailblazers like Barbara Burford and Jemma Redmond.

Follow [this link](#) on how to support your LGBTQ+ teen.

## Parental Support:

Autism Central is a free NHS-funded national service providing autism support for parents, families and wider support networks of all autistic people.

If you work in health, charity, social care or education and support families and support networks of autistic people, we need your help to raise awareness of Autism Central. By signposting to this free service, you can help more people access the



## Key contacts:

Miss Z Froud - Senior Mental Health Lead

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

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autism support they need.

[Autism support for parents](#)

## Empathy Lab

EmpathyLab develops, activates, and celebrates the power of stories to increase real-life empathy.

[Empathy Lab resources](#)

## Charlie Waller Foundation

As we know, we can best support the mental health of young people when we work in partnership with their families. The Charlie Waller Foundation offers a range of courses for families on a range of common issues raised by parents.

**Charlie Waller Foundation** – courses for parents: [For parents and carers | Charlie Waller Trust](#)

Talking about self harm

Helping your child understand their emotions and practical strategies to help

Talking with young people about suicide

Navigating the first term of secondary school

Neurodiversity and mental health

Supporting young people experiencing thoughts of suicide

Young people, self-esteem and self-confidence

Building supportive communities: a panel discussion



## West Sussex Single Point of Access

The SPoA is provided by Sussex Partnership NHS Foundation Trust's Child and Adult Mental Health Service (CAMHS), West



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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](#). Mental Healthline - update Please note that the Sussex Mental Healthline has been replaced with NHS 111 'select the mental health option'. Previously, NHS 111 'select the mental health option' could also be reached by calling the 0800 or 0300 number - these are the legacy phone numbers from the Sussex Mental Healthline and will be discontinued.

[www.mind.org.uk](http://www.mind.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.place2be.org.uk](http://www.place2be.org.uk)

[www.annafreud.org](http://www.annafreud.org)

## Quote of the term:

**'Be happy, be bright, be you!'**

I wish you all a restful and healthy summer,

**Kind regards,**

**Zoe Froud**

**Assistant Headteacher - Behaviour and Attitudes**

**Senior Mental Health Lead**



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For more details, speak to your Senior Mental Health Lead or search "Thought-Full MHST" online



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