



Termly Newsletter

Dear Parent,

Happy New Year to all of our Oathall families. With a new year comes new challenges. Our Year 7 students have completed their first term and are now looking forward to the events ahead of us, Community Day, School Games day and more. Year 9 students start the process of picking their options for Key Stage 4 and our Year 11 students continue in full flow working towards their GCSE exams in the Summer term. Oathall students continue to impress all staff at Oathall and we have no doubt they will take every opportunity that comes their way to ensure they develop into the best version of themselves.

Thank you

A big thank you to everyone who supported 'Odd Socks Day 2025'. Oathall raised £510 for the Anti-Bullying Alliance. Odd Socks Day is a fun, annual event, usually the first day of Anti-Bullying Week (in November), where people wear bright, mismatched socks to celebrate individuality, diversity, and inclusion while raising awareness about bullying. At Oathall we run this as a house competition with the house with the highest number of students wearing odd socks gaining points towards the house championship table. Congratulations to Voyager who secured the win this year.

Mental Health Support Team - Thought-full

This year we continue to work closely with the Mental Health Support team and are pleased to say we have two Educational Mental Health Practitioners allocated to support students at Oathall. They are also pivotal in supporting us with our Whole School Approach to mental health. You can keep up to date with news and updates from Thought-full on [their instagram](#) page.



Oathall's wellbeing reps

Last half term the wellbeing reps focussed on laughter and mindful colouring as ways to improve wellbeing.

We linked to the whole school production of Shrek and students had the opportunity to watch Shrek during tutor time and to colour sunflowers. These sunflowers were then used to make a colourful display to decorate the staging for the production.



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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Our wellbeing reps and staff leaders have also been busy planning the next wellbeing student event. I am pleased to say in the Spring term they will be co-ordinating a clothes swap for students. This has been chosen as helping other people is good for your wellbeing and helping the environment is good for your wellbeing. More details will be shared in the coming weeks via the wellbeing team.

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 it straight through to a mental health trained clinician. If the clinician is on another call, a call back within an hour will be arranged.

New Support Group for parents in Haywards Heath

The parenting support team at West Sussex Mind are starting a new drop in group in Haywards Heath for 2026. Their service is outlined on the attached poster and on our webpage: [West Sussex Mind | Parenting support](#) but in summary, they offer support to any parent/carers who has concerns for their child's mental health, through;

- peer support drop-in groups across West Sussex (in-person and online)
- Monthly online 'Expert by Experience' guest speakers on various topics such as self-harm, school avoidance, neurodivergence, masking etc.
- 1:1 support sessions with a peer support worker
- 5 week course for parents/carers to promote their child's mental health
- Training and webinars on our website
- Closed Facebook group for members



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Support for parents

[Mind - Support for parents](#)

[My Tutor - Teen mental health a guide for parents](#)

[This](#) link will take you to the section of our website which is dedicated to supporting student mental health. Here you will also find the slides from the Thought-Full presentations from the last academic year.

www.mind.org.uk

www.mentalhealth.org.uk

www.place2be.org.uk

www.annafreud.org

Quote of the term: "Challenges are what make life interesting, and overcoming them is what makes life meaningful,"
Joshua J. Marine

Kind regards,



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