



Termly Newsletter

Dear Parent,

Welcome to the first termly newsletter on mental health and wellbeing support at Oathall. A particularly warm welcome to our new year 7 parents. Students have made a really positive start to this academic year and are keen to learn, enthusiastic and happy. We acknowledge as a school that sometimes students will present differently to us compared to how they appear to be 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.

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

We have an amazing wellbeing group who meet frequently to discuss and promote our half-termly wellbeing activity. This is led by Mrs Crockford, Mrs Perrin, Mrs Curruthers and our wonderful student wellbeing reps. The wellbeing reps are linked to each tutor group to ensure that everyone's wellbeing and happiness are being looked after. They are also pivotal in arranging and promoting events such as 'Odd Socks Day' which marks the start of anti-bullying week and delivering assemblies during Mental Health Awareness Week. If your child is keen to be the wellbeing rep for their tutor group ask them to speak to their form tutor.

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



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



Termly Newsletter

arranged.

World Mental Health Day

This year's theme set by the World Federation for Mental Health is access to services.

Mental health is more than a small part of our lives – it's every moment of every day. It's a hard day's work and a catch-up with friends. It's when you become a parent and the day you lose someone you love. It's the times you reach out for support and the years you spend on a waiting list.

It's the fight for a mental health system that works and hospitals that are safe. Mental health matters on the days when everything happens and the days when nothing happens. When life is busy and unpredictable and when it's quiet and ordinary too. That's why we fight every day, to support more people tomorrow.

10 October is World Mental Health Day, but we want everyone to understand that mental health is important every day. Together we can make sure everyone sees it that way.

Support for parents

<http://www.mytutor.co.uk/blog/parents/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: "Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine." Roy. T. Bennet

Kind regards,

Zoe Froud

Assistant Headteacher - Behaviour and Attitudes

Senior Mental Health Lead



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



Oathall Mental Health and Emotional Wellbeing (MHEW) Support

Termly Newsletter



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