

Mental Health Support Team Annual Update

Thursday 23rd May 2024

Dear parents/ carers

Some of you may not be aware of the work we do with the Mental Health Support Team (MHST), so I thought I would share an overview of what has happened this academic year.

In September, all Year 3 pupils had a 'Managing Emotions' workshop delivered by the MHST.

We also had a review of our whole school audit, which included staff, pupil and parent surveys.

In November, we sent information to parents to sign up for the MHST parent workshop, 'Understanding and Supporting my Child's Worries' and in February we sent information to parents to sign up for the MHST parent workshop, 'Supporting my Child's Low Mood.'

In April and May, 10 pupils met with the MHST as a focus group to help develop their whole school workshops.

We have trained Peer Supporters in Years 5 and 6. In June, the MHST will be training some of our current year 4 pupils to be Peer Supporters for next year.

In June and July, our year 3 and year 5 pupils will be taking part in a 'Managing Anxieties' workshop delivered by the MHST.

In July, there will be a whole school assembly led by the MHST.

Our Senior Mental Health Lead, Mrs Izycky, meets with the MHST every three weeks to discuss individual pupils and whole school development.

Teachers and Teaching Assistants have regular CPD throughout the academic year, led by the MHST or Senior Mental Health Lead, around supporting pupils with anxiety.

So far, this academic year, we have referred six pupils for individual weekly sessions. We have also had seven pupils seen by Service Six, 36 children have received individual ELSA support, four children have had Drawing and Talking and 18 children have had a term reading to the Pets as Therapy dog.

For more information about the Mental Health Support Team, how we support wellbeing at SEJ and external links, please see our website: [South End Junior School - Wellbeing](https://www.southendjunior.com) or contact me for further information.

Kind regards
Mrs A Izycky
Director of Inclusion



Inspiring the learning journey!