



St George's Primary School

Headteacher: Mr B Cassidy NPQH, A.S.T, B.A (Hons)
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8th October 2020

Mental Health Support Team (MHST)

Dear Parents/Carers

I am delighted to tell you about how we will be supporting children and young people's mental health. As part of the shared initiative between the Department of Education and Department of Health that supports the government's priority to increase access of mental health and wellbeing support for children and young people, we will be welcoming the Mental Health Support Team (MHST) into our school.

This is one of the ways we will be enhancing our approach to children and young people's mental health and working towards creating a whole school approach which best supports the pupils in our school. The MHSTs are part of Children and Adolescent Mental Health Services (CAMHS), working collaboratively with schools across the Wirral.

Education Mental Health Practitioners (EMHPs) from the team will work with pupils experiencing mild to moderate mental health difficulties. This may include anxiety, low self-esteem, low mood, and other problems that may be challenging for children and young people in our school such as sleep hygiene.

The EMHPs will be working in our school, one day a week, providing one to one low intensity evidence-based interventions, as well as group interventions and psychoeducation workshops, working with parents and guardians where appropriate.

In order to do this, we need to understand more about how our students are feeling, and what they struggle with the most. We are aware that life is far from normal at the moment and want to be sure that we are supporting our students in the best way possible to manage the stresses that come along with this.

We are therefore conducting a mental health needs audit. The survey included with this letter is used to measure levels of child anxiety and depression (parent form). The form will be explained to the children using age appropriate vocabulary. This will allow the EMHP working with our school to understand the needs within our cohort in order to best support the school. We are asking for year 5 to complete this task for the time being.

If you do not get in touch with the school, you are consenting to the information being shared with the EMHP and we will be in contact to offer any further support if required.

You are able to withdraw consent at any time by getting in touch with the Mental Health Lead, Mrs Skarratts-Jackson through schooloffice@stgeorges.wirral.sch.uk. The answers provided will only be seen by the NHS Mental Health Support Team and, where necessary, members of the school pastoral team. Any data circulated outside of this group will be given in an anonymised format, making sure to remove any personal identifying details.

We will be asking children to complete these questionnaires in school by themselves with the support of the EMHP to ensure a safe and quiet space for your child to answer as honest as possible. The questionnaires will be completed on 21st October 2020.

Kind regards

Mrs Skarratts-Jackson
Deputy Headteacher

Frederica Mills
EMHP, Mental Health Support Team, Wirral CAMHS