






21st September 2020


Dear Parents / Carers



Under the current situation there may be times when either you or your children may require additional support. As a school we would like to share the following with you that you might find useful either now or in the future so that as a family you are aware of the many pathways you can access support to help at those difficult times.

<p>'Wellbeing for Education Return'</p> 	<p>'Wellbeing for Education Return'</p> <p>The Department for Education has recently announced a new national project for schools & colleges; called 'Wellbeing for Education Return'. This project involves national training to support education staff and will involve 'local experts' adapting the national training materials to the local context. Staff at Chadsmead undertook an afternoon of Government training on their return in September based on Pupil Well-being, which they have planned in to their activities during September to help support children readjust to returning to school. Should you therefore be worried about your child or them returning to school, please contact the school office through our MyEd app or by telephone 01543 421850 and your child's class teacher can be contacted to return a call to you to discuss your child.</p>
<p>See Hear Respond Initiative</p> 	<p>See Hear Respond Initiative</p> <p>This Government initiative works with schools and agencies to support children who are currently not receiving support from statutory organisations and who are at risk of or are experiencing adverse impact to their health and wellbeing. There is no threshold of need or harm that has to be reached to receive a service but the service is particularly committed to finding children who may be most at risk of harm, visit: https://www.barnardos.org.uk/see-hear-respond</p> <ul style="list-style-type: none"> • Children under five • Those who experience other associated harms such as adverse home-life or online harms • children at risk of any form of abuse, criminal and sexual exploitation • BAME children • Young carers
<p>Mental Health Support Teams (MHSTs)</p> 	<p>Mental Health Support Teams The MHSTs are a new service, part of a national pilot, designed to help meet the mental health needs of children and young people in schools and colleges. They are comprised of therapists and Education Mental Health Practitioners (EMHPs). The team support children and young people to help prevent more serious problems developing by providing low intensity support for mild/moderate difficulties, focusing particularly on low mood, anxiety and behavioural difficulties. You can follow the team activities on twitter: @MhstNorth @BurtonUttoxMHST</p>

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<p>The School Nursing Service</p> 	<p>The School Nursing Service</p> <p>As pupils return in September the school nursing service supports with health queries that effect schooling, or if you require general advice regarding public health, training, immunisations etc. Access to all of their services is through their Hub which means a much quicker response for schools and parents. You can do this by contacting myself at school or your child's teacher if you want support to make a referral to the service as we can also do this through school. Or to see the range of services that they can offer locally, resources that may be of use to you, and contact details for the service directly visit:</p> <p>https://www.mpft.nhs.uk/services/healthvisiting-and-school-nursing</p>
<p>Workshops from the Midlands Partnership NHS Foundation Trust (MPFT):</p> 	<p>Midlands Partnership NHS Foundation</p> <p>MPFT are advertising some exciting new workshops for parents, carers and teachers. There are three workshop. Please follow these links to find out more</p> <ul style="list-style-type: none"> • Anxiety - https://tinyurl.com/y2gg3jg8 • Low-mood - https://tinyurl.com/y5tdqdfb • Building a stronger relationship with your child (aimed at parents of primary- school aged children) - parentingworkshop@mpft.nhs.uk
<p>Free online mental health training:</p> 	<p>Mental health training: MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist and are FREE at https://www.minded.org.uk/</p> <p>You can also discover a wealth of practical, engaging online video courses empowering everyone who works with or cares for children to develop their skills – anywhere, anytime. FREE modules are updated weekly and available for a week. You can also pay for a subscription at £5 per month to open up more options should you wish to do so – please visit: https://elearning.creativeeducation.co.uk/</p>
<p>Emotional Health and Wellbeing Service</p> 	<p>Emotional Health and Wellbeing Service</p> <p>Staffordshire has a new Emotional Health and Wellbeing Service delivered by Action for Children. The service will work with children / young people from 5 to 18 years (up to 25 for those with an EHCP or Looked After by the Local Authority) and their families where there is mild to moderate emotional / behavioural difficulties around emotional wellbeing.</p> <p>Referrals should be considered where needs are below the threshold of CAMHS but above the level of need which universal services can support. If you feel you r child requires additional support, please contact myself at school or you can contact the service directly on 07811 023194 or through their website: https://www.staffordshirewb.actionforchildren.org.uk/</p>

<p>Family Support Service</p> 	<p>Family Support Service</p> <p>The Family Support Service is a free service that works with parents to support their children to achieve the best outcomes. They help to develop positive behaviour management at home, support emotional well-being, ensure a families' health needs are met and can put parents in touch with other local support systems within their local community. If you or our family are finding aspects of family life challenging, this service helps support the whole family. Please contact me at school and we can put you in touch with the service or you can contact them directly on 01902 424147 or email sutinder.herian@sctsp.org.uk</p>
<p>Malachi</p> 	<p>Malachi</p> <p>Malachi are a family support organisation that works across the midlands. They can support parents, carers and young people through a range of counselling based therapeutic interventions in school, home and the community on an individual basis, completing 6 weeks of support with pupils in school, 12 weeks working with families and up to 6 months of family support work when it is needed. They can be contacted again through myself at school or directly at https://www.malachi.org.uk/services/malachi-in-staffordshire where you can find the services' referral forms and more information about their service.</p>

I do hope you have found this information useful.

Of course there are also more well-known support groups and information that can be found online. Some of the main support groups are listed below for ease of reference.

Should you wish to discuss or share any information with us here at school, please do not hesitate to contact us.

Kind regards

Helen Cadman

SENCO

Well known Support Charities

Charity	Website	Contact Telephone
	https://www.childline.org.uk/	0800 1111
	https://www.barnardos.org.uk/	
	https://www.childbereavementuk.org/	0800 02 88840
	https://youngminds.org.uk/find-help/for-parents/parents-helpline/	0808 802 5544
	https://www.samaritans.org/	116 123
	https://www.papyrus-uk.org/	0800 068 4141
	https://www.themix.org.uk/	0808 808 4994
	https://stem4.org.uk/	
	http://www.sane.org.uk/	020 3805 1790

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