



Dear parent(s) or carer(s)

Date: 9th November 2020

At Springfield, we are committed to improving support for our students' emotional and mental wellbeing, and therefore are excited to be working with the Wellbeing and Mental Health in Schools (WAMHS) initiative. This has been set up by the CAMHS (Child and Adolescent Mental Health Services) Alliance to help schools help their pupils. Hackney Learning Trust also supports this work in a number of ways.

We have a CAMHS link worker, Natalie Bailey, who comes to school regularly to support school staff & pupils. Our CAMHS link worker helps us to think about our students' needs in school, how to best support them, and how to refer them to specialist services if they need more help. This might mean school staff discussing pupils with the CAMHS link worker to decide what help needs to be given. The CAMHS link worker also advises school about how to make school a success for all our pupils – this is called a 'whole school approach'.

At Springfield we will also have help from another CAMHS team working with schools, the Mental Health Support Team (MHST). In addition to supporting the whole school work they will be able to offer direct support to pupils and their parents/carers when having problems with their emotional wellbeing. By direct support we mean, a child taking part in a group at school, or having some sessions with you and a CAMHS worker in school.

If your child requests support, either themselves or through a member of staff, the MHST would normally let parents/carers know in writing. Usually, the MHST will want to speak to parents about the child as we know this is helpful for all.

For further information on WAMHS and the MHST and how we will securely store information as part of WAMHS please see the attached leaflet. This information is also available on the school website.

If you are happy for your child to be included in this initiative, you do not need to do anything further.

If you are unsure about whether or not you would like your child to be included in any activities that form part of the WAMHS initiative and would like to discuss this further, please complete and return the attached reply slip. Alternatively, you can contact me on the above number and I will be happy to discuss this with you, or send an email with your queries to elft.wamhs@nhs.net

We are very much looking forward to being part of this exciting initiative.

Regards

A handwritten signature in black ink, appearing to read 'A Case'.

If you are happy for your child to take part then you do not need to do anything.

Wellbeing and Mental Health in Schools Project

I do not want my child to be part of the: (please tick as appropriate)

- CAMHS Worker in School Initiative for whole school wellbeing
- Mental Health Support Team targeted small group work

You may change your mind at any time. Please let us know if you would like to do so.

My details are as follows:

Child's name: _____

Parents or carer's name: _____

Year Group: _____

Signature: _____ Date: _____

Please return your opt form by Friday 20th November 2020

