

Headteacher:
Mr T Maltby BA (Hons), MA, NPQH



29 March 2019

Dear Parents/Carers

Re: Mental Health for Children and Young People

We are delighted to announce our school is taking part in an exciting new project to improve mental health for children and young people.

We have been selected as one of a group of schools in South West London which will be part of a pilot receiving extra resources to support our students with their mental health and emotional wellbeing.

I have been working with the other schools involved in the borough of Kingston, as well as GPs and mental health professionals, to oversee the project in our area.

We will have an additional school-based counselling psychologist, working across our cluster of schools, who will offer support to both our students from all years, whilst also offering support for parents too. In addition to this, where needed, they will signpost or refer to specialist children and adolescent mental health services (CAMHS).

The sessions will give children and young people practical skills for managing a range of feelings and offer parents an opportunity to practice the conversations that encourage better mental health and wellbeing.

To understand the impact of our work we will be asking our children and young people in Year 8 to complete a questionnaire that will provide more information about the wellbeing of students. The questionnaire will also look at the overall mental wellbeing of the whole year group to help the school review how we best support the wellbeing of our students. We will be undertaking these questionnaires during April and May 2019 and then again next year so we can assess our impact.

We ask that you provide your consent by completing this consent form by Wednesday 24 April so that your child can take part in these questionnaires.

We will keep you informed as the project progresses. If you have any questions please do not hesitate to get in touch.

Yours faithfully

MR A RATCLIFFE
Assistant Headteacher

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Return to: Student Services

I give permission for _____ to take part in the wellbeing questionnaires. **(Print Student Name)**

Signed _____ Parent/Carer

Date _____

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Parentmail\MentalHealthforChildrenandYoungPeopleMar19.docx



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