

Autumn Term 2019

## Mental Health & Wellbeing News

Parents' Newsletter



In this issue....

- Millfields' WAMHS project
- Wellbeing Award
- Upcoming Parent Workshops
- Where to find help
- ♦ Trailblazer project 2019-20
- ♦ Meet the team

### Millfields' WAMHS Project

WAMHS - The Wellbeing and Mental Health in schools project started in May 2018. The aim of the project was to build on and expand the access to mental health early interventions for children across City & Hackney. Millfields, as part of the project, now has a CAMHS worker based in school for 1 day per fortnight and in commitment to the project has a new Mental Health Lead - Debi Cookhorn (Deputy Head) and a designated team to support the children and parents in our community.



*"It means a lot to me that good mental health and well being is so valued in the school."*

*Pinny Grylls (Parent)*

The school based CAMHS worker, Dr Julia Dabrowski, has worked alongside Debi and the team to ensure a range of opportunities are in place; staff training, parent workshops, 1:1 meetings with teachers, 1:1 meetings with parents, observations of children in school and many other important jobs. We have asked our stakeholders what they think about the support that Millfields offers its community (back in July 2018 and again in July 2019) Sadly no parents completed the questionnaire in July 2019 so we are putting it out again. It is open from now until the week after parents' evening. PLEASE TAKE TIME TO FILL IN THE QUESTIONNAIRE BELOW

Type in this link:

<https://www.surveymonkey.co.uk/r/MFWELLBE>



#### Parent Workshop

Monday 18th Nov 9-10am

Staff room

#### Understanding Behaviour 7-11 year olds

Get help with all your questions, frustrations and how to best deal with challenging behaviour



Books that talk about mental health. For more titles follow this link:  
<https://www.booklife.co.uk/blogs/news/how-books-talk-about-mental-health>

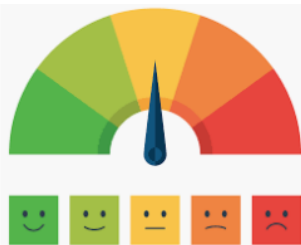
For the past year we have been working towards achieving the following award:

## WAS Wellbeing Award for Schools

Developed in partnership with the National Children's Bureau (NCB), the Wellbeing Award for Schools is intended to help schools prepare and equip themselves to promote emotional wellbeing and positive mental health across the whole-school community. NCB's vision is an education system where good emotional wellbeing and mental health are at the heart of the culture and ethos of all schools, so that pupils, with the support of their teachers, can build confidence and flourish. Evidence shows us that wellbeing is of central importance to learning and attainment, with high levels of wellbeing associated with improved academic outcomes. Conversely, pupils who have mental health problems are more likely to have academic difficulties at school and experience social disadvantage later in adult life.

To achieve this vision, NCB advocates the use of a 'whole-school approach' where all aspects of the school experience are harnessed to promote the emotional wellbeing and mental health of pupils and staff. It is an approach where emotional wellbeing and mental health is everybody's business.

The Wellbeing Award for Schools is a welcome opportunity to recognise the exceptional work that schools do in this area. The key features of a whole-school approach form the basis of the award, and it provides schools with a benchmark of best practice against which to test itself. We believe that this celebration of success will encourage more schools to adopt an approach that puts emotional wellbeing and mental health at the heart of what they do.



We have our final assessment on 2nd December—if there are any parents who would be willing to come in and support us by talking to our assessor about their experience of mental health support in school please drop an email to Debi

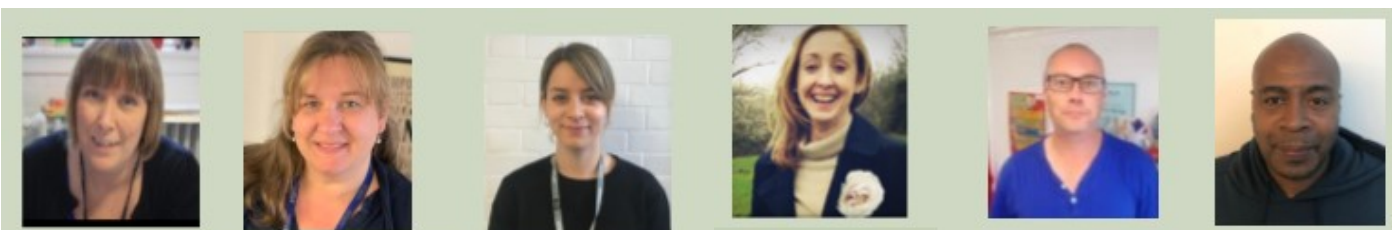
Exciting News....as we have made such great progress in our provision of mental health and wellbeing support we have been chosen as 1 of 8 initial schools to take part in a government trailblazer pilot of **Mental Health Support teams in schools**.

This means we will have newly trained practitioners supporting lessons and sessions offering early intervention to children with mild to moderate emotional wellbeing issues. We hope to be introduced to them before Christmas and for them to be working alongside us in the new year.

For more info go to: [www.england.nhs.uk/mental-health/cyp/trailblazers/](http://www.england.nhs.uk/mental-health/cyp/trailblazers/)

<https://www.england.nhs.uk/mental-health/cyp/trailblazers/>

## Millfields Mental Health and Well-being Team



Jane Betsworth  
Head Teacher

Debi Cookhorn  
Mental Health Lead

Julia Dabrowski  
Clinical Psychologist

Claire-Louise Leyland  
Art Therapist

Kingsley Fry  
SENco

Chris Belgrave  
Behaviour Lead

If you need advise about something or there are significant changes you'd like support with please be in touch with Debi  
[dcookhorn@millfields.hackney.sch.uk](mailto:dcookhorn@millfields.hackney.sch.uk)