

South Bersted CE Primary School

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Headteacher: Mr Noel Goodwin

28th June 2021

Dear Parent/Carer,

Mental Health Support Team in Schools

I am writing to you from the Mental Health Support Team in Schools, to let you know about an exciting series of workshops we will be running with your child's class.

The Mental Health Support Team is made up of a team of mental health and wellbeing professionals who work across all schools in Bognor Regis, to support young people and children with their emotional wellbeing, as well as offering advice to schools around wellbeing and mental health issues.

The purpose of our visits is three-fold:

- To help children to explore and understand fears, worries, and anxiety,
- To teach children some practical techniques that they can use in their everyday lives to overcome their fears, worries, and anxious feelings,
- To work with the children to produce a resource which can be used to teach other children about fears, worries, and anxiety.

The visits will be taking place in the afternoons of the 2nd July, 8th July and 15th July, and social distancing measures will be in place. Our staff will all do lateral flow tests on the morning of the sessions, and we all hold current DBS certificates.

If you have any questions about these sessions, please do feel free to contact me at vik.machin@westsussex.gov.uk

Best wishes,

Vik Machin

Mental Health Advisory Teacher

Mental Health Support Teams in Schools
Education & Skills | People Services



West Sussex County Council

