



South Haringay School
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Wednesday, 19th October 2022

Dear Parent/Carer,

RE: 'Did You Know?' letters

We'd like to share some aspects of school life which you might not always be aware of. From time to time, we will write a short letter which outlines an aspect of our work which we would like to shine a light on. We hope these letters give you a greater insight into our school.

Did you know that our school has a range of strategies and systems to support children's mental health?

Our school has taken the issue of mental health very seriously for a number of years. The issue has become more of a focus for educators, and society at large, especially since the Pandemic.

Children's mental health was covered as part of our annual safeguarding training for all staff. Our staff have an awareness of what range of behaviours they should be looking for, which might indicate that a child may be having some mental health issues. Staff also know how to access in-school help for children.

There are weekly lessons in Personal Social Health Education (PSHE) which touch on a range of issues designed to support children to be confident, happy and safe.

What is the welfare team?

Our welfare team consists of the four staff trained as safeguarding leads: Me, Ayse, Maria and Kelli. Our learning mentor, Agnes, also joins our meetings which happen at least fortnightly. Our team meet to discuss any children we may have concerns about. These concerns can include a child's mental health. We work together to find a range of strategies to support a child in school. Sometimes we need to call on support outside of the school to help. We would speak to a parent/carer before we involved anyone outside of the school about a mental health issue.

What support is available?

- Sometimes we are able to help a child overcome their challenges simply by acknowledging it with them, and their parent/carer, thus increasing the lines of communication between home and school.
- Agnes will sometimes provide some additional support for children by giving them a comfortable space to talk through any minor issues they may be going through.
- We have an art therapist, Magda, who is with us one day a week. She works with children who may need a little more time and space to work through an issue. She always meets with parents/carers before starting any work with a child.
- There are some support agencies which can provide more specialised care and we can help families to make contact with them if appropriate.

Often times we become aware that a child is having some mental health issues because parents/carers let us know. You can always reach out to your child's teacher, or a member of the welfare team. Email is often the best method for doing this (admin@shsharingey.co.uk) Our staff will follow our rules of confidentiality with all information provided.

Yours Sincerely,



Ian Scotchbrook
Headteacher