



Brampton Primary School
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Mr K Reid
Headteacher
B.Ed. (Hons), NPOH

Monday 19th April 2021

Dear Parent/Carer,

Brampton Primary School is committed to developing and improving support for our students' social, emotional and mental wellbeing. We are therefore excited to be part of a national initiative which will involve working with a newly formed Mental Health Support Team (MHST) in Newham. The purpose is to increase early help for children and young people beginning to struggle with aspects of their social and/or emotional development.

The focus of the project is on students experiencing early signs of anxiety or behavioural difficulties. In primary schools, an approach known as "guided self-help" will be used to support parents/carers to understand and address the difficulties in eight weekly-sessions. These sessions are structured, and provide a range of strategies that have been researched and found to be effective.

Each school accessing the service has been assigned an Education Mental Health Practitioner (EMHP) who will get to know the school community and provide the interventions. The EMHP assigned to Brampton Primary School is Abhipsa Das, who will be supported by a senior member of Newham's Child and Adult Mental Health Service, Dr Rosie Waterfield.

On **Thursday 22nd April**, Abhipsa and Rosie will be holding two meetings for parents, who are interested in finding out about the project and more generally mental health services in Newham. Parents can choose to attend either session:

- **Session 1 – 9:30am – 10:45am**
- **Session 2 – 5:00pm – 6:15pm**

If you are interested in attending one of these sessions, you will need to reserve a space by completing the following form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=AOVqFqDKFEyNGfux08gc6sOYI0KvVtDq4UplZ3mzZtUOIVFRkVLMjNZNUZMQkpaU1paWTFaTjhRRiQIQCN0PWcu>

Please do not hesitate to contact me should you like further information about the project. A copy of this letter can be found on the school website, and you will be kept informed of progress and any opportunities to contribute as they arise.

Yours faithfully,

Alex Wedgbury
Assistant Headteacher