



SS Peter & Paul Catholic Primary School  
**SCHOOL WEEKLY NEWSLETTER**

Term: Spring | Date: 31st January 2025

School Mission Statement

*With Jesus as our guide, we  
learn, pray and live together  
in a safe and happy way.*

**MESSAGE FROM HEADTEACHER**



Dear Parents/ Carers,

Thank you to the parents who have joined us for the various events such as Reading Cafes and the coffee morning on Thursday morning. It is great to see so many of you in school.

Miss Clifford has reduced her hours in club and on a Thursday and Friday After School Club will now be run by Miss Vigus and assisted by Mrs Young.

Next week is Children's Mental Health Week and the children will be taking part in some activities through the week about positive thinking and looking after their minds.

There is also an orchestra performance for the children on Thursday morning. I am sure the children will enjoy this fantastic opportunity.

We are very pleased that our shed has arrived to store all our new playground toys. The children were very excited by it. Due to it's large size there were some funny comments about its use and what might be stored in it. I love their very active imaginations!

We are also in the process of building a climbing dome, the children are very much involved in the development of the play and its great to see them all so engaged in play each lunchtime.

Thank you to the families who joined us for our Commitment Mass on Sunday for First Holy Communion. It was great to celebrate this special day with you. First Holy Communion will be celebrated on Sunday 11th May at 11am at SS Peter and Paul church.

God bless

Mrs C Faulkner

Headteacher

Dimbles Hill, Lichfield, Staffordshire, WS13 7NH. Main Office: Tel: 01543 226090 Nursery: Tel: 01543 226094

School website: [www.sspeterandpaul.org.uk](http://www.sspeterandpaul.org.uk)

Lichfield Catholic Parish website: [www.romancatholiclichfield.co.uk](http://www.romancatholiclichfield.co.uk)

# CONGRATULATIONS



Pupils who are celebrating their Birthdays this week!

Rohan	Freddie	Eleanor-Rose	
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## Weekly Whole School Attendance 95.08%

### Good Attendance Matters

Class	W.E. 24/1/25 - % Attendance
Reception	95%
Year 1/2	92.73%
Year 2/3	97.14%
Year 4/5	93.48%
Year 5/6	96.21%



Well Done  
Year 2/3



*Please remember if your child is absent for any reason, that you must contact the school office as soon as possible.  
If your child is not in school, they cannot learn.*

**Congratulations to the following Pupils who have achieved  
TIMES TABLES ROCKSTARS Certificates.**



**Noah, Ronnie, Finn , Iris, Lilly R, Oliver, Faith, Reghan,  
Harper C, Flynn, Vinnie, Wayde and Jack**



**Congratulations to the following Pupils who have achieved NUMBOTS Certificates this week:**

**William, Liliana, Rudy and Freddie**



**A huge Well Done to:**

**Ava, Remi, Autumn, Mila and Stephanie  
for their participation in the Big Garden Birdwatch.**

# CONGRATULATIONS

## Class Nominations of the week ending 31.1.25!

Nursery	Lorenzo	For his amazing work in phonics and recognising and talking about the properties of 2D shapes.
R/1	Jaxson	For sharing ideas in PE.
R/1	Nela	For working hard on pencil grip and letter formation.
Y1/2	Max	For using scientific language during his learning about habitats.
Y1/2	Ava	For great focus and writing using her phonic knowledge.
Y2/3	Quinn	For being a good team player and great skills in net-ball, including shooting and scoring goals.
Y2/3	Willow	For an excellent start to the new year, working hard in all subjects and beautiful presentation.
Y4/5	Jack	For showing an improvement in his writing and hand-writing.
Y4/5	Jayden	For showing resilience and determination during our Science experiment.
Y5/6	Albert	For making good progress in Maths.
Y5/6	Ebony	For making good progress in Maths.

# Contacting School



Tel: 01543 226090    Nursery Tel: 01543 226094

Please be aware that the school have had a new telephone system. Listen to the options carefully and press the correct number to be put through to the right department so that we can deal with your calls more efficiently.

## Reporting Your Child's Absence

All Pupils - Tel: 01543 226090

- ◆ Press 1
- ◆ Please leave message stating child's full name, their class & give a full reason for absence.



## To Contact Nursery

Nursery - Tel: 01543 226094



## School Office



Tel: 01543 226090

- ◆ Press 5

to be put through to the School Office (Mrs Boag) for all other queries. **Please leave an answer machine message if we are unable to answer.** Thank you

## School Finance Department

Tel: 01543 226090

- ◆ Press 4

to be put through to Finance (Mr Alexander) queries relating to invoices & fees.



## School Kitchen

Tel: 01543 226090

- ◆ Press 3

to be put through to the kitchen.





## School Email Addresses



Headteacher	Mrs Faulkner	<a href="mailto:headteacher@st-peter-st-paul.staffs.sch.uk">headteacher@st-peter-st-paul.staffs.sch.uk</a>
Deputy Headteacher	Mrs Adams	<a href="mailto:deputyheadteacher@st-peter-st-paul.staffs.sch.uk">deputyheadteacher@st-peter-st-paul.staffs.sch.uk</a>
School Business Manager	Mr Alexander	<a href="mailto:office@st-peter-st-paul.staffs.sch.uk">office@st-peter-st-paul.staffs.sch.uk</a>
Office Administrator	Mrs Pretty	<a href="mailto:admin@st-peter-st-paul.staffs.sch.uk">admin@st-peter-st-paul.staffs.sch.uk</a>

### Class Teachers

Class	Teacher	Teacher's Email
2's	Mrs Tysall	<a href="mailto:ctysall@st-peter-st-paul.staffs.sch.uk">ctysall@st-peter-st-paul.staffs.sch.uk</a>
Nursery	Mrs Ansell	<a href="mailto:jansell@st-peter-st-paul.staffs.sch.uk">jansell@st-peter-st-paul.staffs.sch.uk</a>
Reception	Mrs Clack Mrs Wheeler	<a href="mailto:eclack@st-peter-st-paul.staffs.sch.uk">eclack@st-peter-st-paul.staffs.sch.uk</a> <a href="mailto:kwheeler@st-peter-st-paul.staffs.sch.uk">kwheeler@st-peter-st-paul.staffs.sch.uk</a>
Year 1/2	Miss Woolfenden Mrs K Wheeler	<a href="mailto:awoolfenden@st-peter-st-paul.staffs.sch.uk">awoolfenden@st-peter-st-paul.staffs.sch.uk</a> <a href="mailto:kwheeler@st-peter-st-paul.staffs.sch.uk">kwheeler@st-peter-st-paul.staffs.sch.uk</a>
Year 2/3	Mrs McGrath Mrs Lambert	<a href="mailto:cmcgrath@st-peter-st-paul.staffs.sch.uk">cmcgrath@st-peter-st-paul.staffs.sch.uk</a> <a href="mailto:jlambert@st-peter-st-paul.staffs.sch.uk">jlambert@st-peter-st-paul.staffs.sch.uk</a>
Year 4/5	Mrs Spurgin Mrs Harris	<a href="mailto:aspurgin@st-peter-st-paul.staffs.sch.uk">aspurgin@st-peter-st-paul.staffs.sch.uk</a> <a href="mailto:mharris@st-peter-st-paul.staffs.sch.uk">mharris@st-peter-st-paul.staffs.sch.uk</a>
Year 5/6	Mrs Evans Mrs Adams	<a href="mailto:aevans@st-peter-st-paul.staffs.sch.uk">aevans@st-peter-st-paul.staffs.sch.uk</a>
Sports Coach	Ms Harrigan-Clough	Kharrigan-clough@st-peter-st-paul.staffs.sch.uk
Nurture	Ms Lisa Richardson	<a href="mailto:lrichardson@st-peter-st-paul.staffs.sch.uk">lrichardson@st-peter-st-paul.staffs.sch.uk</a>

# Breakfast & After School Clubs



## Breakfast Club

Monday to Friday (term time only) 7:50am until 8:50 am

At 8:50am Kids' club staff will take the children to their classrooms.

Cost per Session: £6.20

## Breakfast Available Free for Pupil Premium Children

Monday to Friday (term time only) 8:30am until 8:50 am

Please contact school office for further information.

## After School Club

Monday to Friday (term time only)

3:00pm (Nursery) / 3:15 pm (School) until 6:00pm

## After School Club - Short Session

3:00pm (Nursery) / 3:15 pm (School) until 3:55pm

Cost per Session: £5.00

Please note that if you have booked a permanent place, charges will still apply even if your child does not attend the session.

Reminder to all parents if your child has a permanent booked place with Breakfast or Afterschool club and they DO NOT attend without a week's written notice you will still be charged for these sessions.

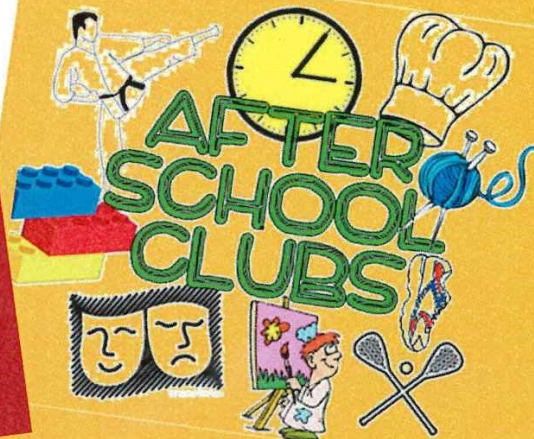
Accounts must be in credit prior to your child attending BASC sessions.

Afterschool Sessions must be paid for by 10am on the day of the booked session to

Queries relating to BASC email Mrs Tysall. [ctysall@st-peter-st-paul.staffs.sch.uk](mailto:ctysall@st-peter-st-paul.staffs.sch.uk) (Monday - Wednesday) [cvigus@st-peter-st-paul.staffs.sch.uk](mailto:cvigus@st-peter-st-paul.staffs.sch.uk) (Thursday and Friday)

Any finance queries to Mr Alexander email [office@st-peter-st-paul.sch.uk](mailto:office@st-peter-st-paul.sch.uk)

# SS Peter and Pauls After School Club



Did you know you don't need to put your child into afterschool club permanently? We accept drop ins! Ring up before 3pm to book your child in as a one off on the same day. You can also book a permanent place if you wish.

## Activities in Afterschool Club

- Games Night
- Ipad and Wii Night
- Movie Night
- Talent Night
- Self Choose Activities

Stress free payment on  
Parent Pay!

We also have 2 different afterschool club sessions:

Short session- 3pm till 3:55pm £5

Long session- 3pm till 6pm £12.50

Office Contact Number: 01543 226090

Email -

Mon to Wed: [Ctysall@st-peter-st-paul.staffs.sch.uk](mailto:Ctysall@st-peter-st-paul.staffs.sch.uk)

Thurs to Friday: [Cvigus@st-peter-st-paul.staffs.sch.uk](mailto:Cvigus@st-peter-st-paul.staffs.sch.uk)





REMINDER to all parents/person with parental responsibility  
**LATE charges will** apply if your child /children are collected late. This applies to 2's Unit, Nursery & Afterschool club

## ALL OUTSTANDING DEBTS

Please make sure that your accounts are in CREDIT when using the following services:

Dinners BC/ASC Nursery Fees

### GOV.UK Childcare vouchers:

Any parents using this method of payment please email Mr Alexander using this email office@st-peter-st-paul.staffs.sch.uk to inform him when a payment is processed as we get no remittance to advise us of payments coming into school.

Any questions regarding Nursery/BC/ASC fees please contact the school office.



### CHARGES

BC—£6.20      ASC—£12.50 (or £5.00 ->3.55pm)

**Reminder to all parents if your child has a permanent booked place with Breakfast or Afterschool club and they DO NOT attend without a week's written notice you will still be charged for these sessions.**

**All attendance must be paid in advance on parentpay.**



# SS Peter & Paul School Calendar 2024/25

SEPTEMBER 24						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER 24						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER 24						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER 24						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY 25						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 25						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH 25						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 25						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 25						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 25						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY 25						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 25						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- School closed for inset days
- School closed for holidays

## Dates for your Diary Spring Term—January 6th 2025

<b>Friday 31st January</b>	<b>Y 2/3 Reading Café 14:45</b>
<b>Friday 7th February</b>	<b>Y 1/2 Reading Café 14:45</b>
<b>Wednesday 5th &amp; 12th March</b>	<b>Inspire Workshops</b>
<b>Sunday 23rd March</b>	<b>11am Family Mass</b>
<b>Wednesday 9th April</b>	<b>Parents Evening</b>
<b>Sunday 11th May</b>	<b>11am First Holy Communion</b>
<b>Monday 12th May</b>	<b>SATs—All week</b>
<b>Monday 19th May</b>	<b>Standon Bowers</b>
<b>Wednesday 18th June</b>	<b>Sports Day</b>

### WEEK ONE

Margherita Pizza with Jacket Wedges (V) **or**  
 Beany Burrito with Jacket Wedges (Ve)  
 Veg of the Day  
 Vanilla Shortbread (Ve)

Pork or Chicken Sausages with Mash & Gravy  
**or** Veggie Sausage with Mash & Gravy (Ve)  
 Veg of the Day  
 Apple Sponge (V)

Roast of the Day with Roasties & Gravy **or**  
 Loaded Yorkshire with Roasties (V)  
 Veg of the Day  
 Jelly (Ve)

Beef Lasagne  
**or** Rainbow Vegetable Stir-Fry (Ve)  
 Veg of the Day  
 Sultana Flapjack (Ve)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Vegetable Fingers with Chips (Ve)  
 Veg of the Day  
 Vanilla Ice Cream with Banana (V)

12/24, 23/24, 14/25, 4/26, 5/26, 25/27, 16/28, 6/29, 27/25

### WEEK TWO

Margherita Pizza with Jacket Wedges (V) **or**  
 Deep Filled Jacket with Veggie Bolognese (Ve)  
 Veg of the Day  
 Chocolate Shortbread (Ve)

Cottage Pie  
**or** Vegan Sausage Roll with Mash & Gravy (Ve)  
 Veg of the Day  
 Carrot Cake (V)

Roast of the Day with Roasties & Gravy **or**  
 Sweet Potato Crumble with Roasties (Ve)  
 Veg of the Day  
 Jelly (Ve)

Chicken Korma with Rice  
**or** Mac & Cheese (V)  
 Veg of the Day  
 Apple Flapjack (Ve)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Vegetable Fingers with Chips (Ve)  
 Veg of the Day  
 Vanilla Ice Cream with Banana (V)

9/24, 30/24, 21/25, 11/26, 2/27, 23/28, 31/25, 30/25

### WEEK THREE

Margherita Pizza with Jacket Wedges (V) **or**  
 Veggie Chow Mein (Ve)  
 Veg of the Day  
 Sultana Shortbread (Ve)

Chicken & Vegetable Pie with Mash **or**  
 Butternut Squash & Lentil Curry with Rice (Ve)  
 Veg of the Day  
 Pineapple Upside Down Cake (V)

Roast of the Day with Roasties & Gravy **or**  
 Cheese, Leek & Potato Pie with Roasties (V)  
 Veg of the Day  
 Jelly (Ve)

Penne with Reef Bolognese  
**or** Vegetable Lasagne (V)  
 Veg of the Day  
 Flapjack (Ve)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Vegetable Fingers with Chips (Ve)  
 Veg of the Day  
 Vanilla Ice Cream with Banana (V)

16/24, 7/25, 28/26, 18/27, 9/28, 30/28, 20/29, 10/25

Choice of **Classic Tomato Pasta or Filled Jacket Potatoes** also available daily

along with freshly baked bread, salad, fresh fruit, yoghurts, jelly and fresh drinking water.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



DID YOU KNOW?

Primary schools in England generate around 55,408 tonnes of food waste per year.

Our new menus are all designed to help schools reduce food waste by including lots of firm favourites as well as offering more flexibility with options and portion sizes.



FREE SCHOOL MEALS

All pupils between reception and year 2 are entitled to a free nutritious school lunch.

Everyone automatically gets Universal Infant FREE school meals and can benefit by over £480 per child per year. If your child is in year 3 or above, find out if they could still qualify for a free school meal by contacting the free school meal by contacting the school office.



### SPECIAL DIETS

If your child requires a special diet for medical reasons, please check out our website [www.edwardsandward.co.uk](http://www.edwardsandward.co.uk)

For a full list of FAQs and to complete our online form.



# MENU

SPRING/SUMMER

2025

**edwards and ward**  
a recipe for success



## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

Margherita Pizza with Jacket Wedges (V) **or**  
Rainbow Pizza with Jacket Wedges (V)  
*Veg of the Day*  
Chocolate Shortbread (Ve)

Margherita Pizza with Jacket Wedges (V) **or**  
Rainbow Pizza with Jacket Wedges (V)  
*Veg of the Day*  
Vanilla Shortbread (Ve)

Margherita Pizza with Jacket Wedges (V) **or**  
Rainbow Pizza with Jacket Wedges (V)  
*Veg of the Day*  
Sultana Shortbread (Ve)

TUESDAY

BBQ Chicken Tortilla with Golden Rice  
**or** Mild & Sweet Veggie Curry with Golden Rice (Ve)  
*Veg of the Day*  
Pineapple Upside Down Cake (V)

Sausages with Mash & Gravy  
**or** Veggie Sausage with Mash & Gravy (Ve)  
*Veg of the Day*  
Iced Carrot Cake (Ve)

Chicken Meatballs with Mash & Gravy  
**or** Vegballs with Mash & Gravy (Ve)  
*Veg of the Day*  
Apple Sponge (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy **or**  
Loaded Yorkshire with Roasties (V)  
*Veg of the Day*  
Fresh Fruit Salad (Ve)

Roast of the Day with Roasties & Gravy **or**  
Loaded Yorkshire with Roasties (V)  
*Veg of the Day*  
Fresh Fruit Salad (Ve)

Roast of the Day with Roasties & Gravy **or**  
Loaded Yorkshire with Roasties (V)  
*Veg of the Day*  
Fresh Fruit Salad (Ve)

THURSDAY

Italian Sausage Pasta Bake  
**or** Penne with Vegetables & Tomato Sauce (Ve)  
*Veg of the Day*  
Sultana Flapjack (Ve)

Sweet & Sour Chicken Curry with Rice  
**or** Mac & Cheese (V)  
*Veg of the Day*  
Apple Flapjack (Ve)

Penne with Beef Bolognese  
**or** Penne with Beany Bolognese (Ve)  
*Veg of the Day*  
Flapjack (Ve)

FRIDAY

Fish Fingers or Salmon Fish Fingers with Chips **or**  
Vegetable Fingers with Chips (Ve)  
*Veg of the Day*  
Custard Rice Pudding (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
Vegetable Fingers with Chips (Ve)  
*Veg of the Day*  
Vanilla Ice Cream with Banana (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
Vegetable Fingers with Chips (Ve)  
*Veg of the Day*  
Chocolate Brownie (V)

24/2/25, 17/3/25, 7/4/25, 28/4/25, 19/5/25,  
9/6/25, 30/6/25, 21/7/25

3/3/25, 24/3/25, 14/4/25, 5/5/25, 26/5/25,  
16/6/25, 7/7/25

10/3/25, 31/3/25, 21/4/25, 12/5/25, 2/6/25,  
23/6/25, 14/7/25

Choice of **Classic Tomato Pasta**, **Filled Jacket Potatoes** and **Sandwiches** also available daily

along with freshly baked bread, salad, fresh fruit, yoghurts, jelly and fresh drinking water.



# School Uniform Policy

## Girls

Grey skirt, grey trousers or grey pinafore dress, white shirt or polo shirt, plain white socks/plain dark tights, maroon cardigan, sweatshirt or fleece.

Sensible dark low heeled shoes – no trainers/no fashion boots.

## Boys

Grey trousers or grey shorts, white shirt or polo shirt, grey socks, maroon sweatshirt or fleece. Sensible dark school shoes – no trainers.

## Teenie Weenies & Little Learners (Nursery)

White polo shirt , Maroon jumper/cardigan.

Uniform does not need to have a school logo on and can be purchased from most supermarkets.

### **Uniform with logo can be obtained from:**

Blueprint Schoolwear  
2 Brewery St,  
Rugeley  
WS15 2DY Tel: 01889 800644  
<https://www.blueprint-designs.co.uk/>



## Welcome to the Edwards & Ward Family of Food

We are thrilled to announce that we will be your school's new lunchtime catering provider from the 1st of September 2023.

At Edwards and Ward, we take great pride in our special diets process and continually strive to make it as simple and inclusive as possible to help us ensure that all children can be fed safely and effectively.

If your child requires a special diet due to a diagnosed allergy, intolerance or medical condition, you will need to register with us.

Our special diets registration form can be found on our website along with a full list of FAQs.

[edwardsandward.co.uk/special-diets/](https://edwardsandward.co.uk/special-diets/)

In order to guarantee that your special menu is ready at the start of the new academic year, registration forms should be submitted no later than the 30th of June.

If there are any concerns about this, please contact our Special Diets Team for advice.



[specialdiets@edwardsandward.co.uk](mailto:specialdiets@edwardsandward.co.uk)



@EdwardsandWard



Families' Health and Wellbeing



Midlands Partnership  
NHS Foundation Trust  
*A Keele University Teaching Trust*

# School Nurse Community drop in



For parents/  
carers of 5-19's  
and young  
people not in  
education

Tuesday

Every Week  
13.00-15.00

The School Nurse is here to help your child feel healthy, happy and safe during their school years and to get the best from their education. If you have any concerns about their health and wellbeing please drop in to chat.

**Lichfield Family Hub**  
**Purcell Avenue**  
**WS13 7PH**

We provide a confidential and friendly service

[www.mpft.nhs.uk/services/health-visiting-and-school-nursing](http://www.mpft.nhs.uk/services/health-visiting-and-school-nursing)

# After School Club Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Ravioli and breadstick	Make your own pizza muffins	Sausage sandwich or toast	Beans on toast or toast	Cheese on toast or toast

Due to lower numbers in After School Club we are working on a reduced menu until further notice Thank you

Mrs Tysall



# After School Club Theme Nights



**Monday**

Games



**Tuesday**

Child choice activities



**Wednesday**

Wii and I pads



**Thursday**

Movie night



(including popcorn and hot chocolate)

**Friday**

Talent night



# Our Breakfast Club Menu

A choice of...



**Bagel**

**Cereal:** cornflakes, shreddies, cheerios, rice crispies

**Drinks:** Pure orange or apple juice, water or milk.



## What does the MHST do?

Support can be offered in the following ways:

- One to one meetings between young person and practitioner
- Groupwork (in person)
- Groupwork (online)
- Parent support / workshops



We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

## Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please find further information via the QR code below.



SCAN ME

- Open the Camera app on your mobile phone.
- Select the rear-facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device will recognise the QR code and display a notification.
- Tap the notification to open the link associated with the QR code.



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# Mental Health Support Team

Information for parents



## Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.



## Who MHST can support



We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



## Who MHST can't support



In the absence of a mental health need, we can't support young people who are struggling with:

- Trauma
- Autism or ADHD
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



## How can I refer into MHST?

Contact the Senior Mental Health Lead at your school if you feel your child would benefit from support from the Mental Health Support Team.