



# Great Marlow School

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## EXECUTIVE HEADTEACHER

Mr K Ford

## HEAD OF SCHOOL

Mr G Pendlebury

30<sup>th</sup> September 2024

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Dear Parents / Carers

## **Bucks Mental Health Team Partnership with GMS**

To help support the Mental Health of our young people, Great Marlow continues to work with the Bucks Mental Health Support Team and is an MHST school. In the past MHST have delivered sessions to parents on a variety of topics which have been very well attended and from feedback much appreciated. The dates and topics of the first two sessions and advance notice of the remaining sessions are listed below. Please click on the link below to enable you to sign up for the Autumn sessions and I will resend the links for the Spring term sessions nearer the time.

MHST supports young people who have emotional wellbeing difficulties, including anxiety and low mood, confidence, and self-esteem issues. They provide evidence based therapeutic support both individually and in groups to young people and parents.

MHST offers training to school professionals to help them identify mild to moderate mental health and emotional wellbeing difficulties in their students. We offer workshops on supporting students in school who are showing anxiety, low mood, self-harm, and other mental health difficulties.

Working in partnership with Buckinghamshire Council, the team consists of Education Mental Health Practitioners, Youth Workers, and Family Workers. The Bucks Mental Health Support Team works with several education providers including primary schools, secondary schools, special schools, post 16 higher education and pupil referral units.

### **Session 1 - Promoting positive behaviour**

Tuesday 8<sup>th</sup> October 2024 - 6pm.

### **Session 2 - Anxiety**

Wednesday 4<sup>th</sup> December 2024 - 6pm.

*Please click on the following link to sign up for session 2.*

[Sign up for session 2](#)

### **Session 3 – Low mood**

[Monday 3<sup>rd</sup> March 2025 – 6pm](#)

### **Session 4 – Self Harm**

[Wednesday 30<sup>th</sup> April 2025 – 6pm](#)

We hope you will find these presentations helpful and look forward to seeing you there.

Yours faithfully

**Sheryl Paul**

**Student Support Officer/Safeguarding**