



BASSETT GREEN
PRIMARY SCHOOL

Safeguarding Newsletter

February 2024



Our Lead Designated
Safeguarding Lead is Linda
Carpenter.

Contact on 02380 676 262
lcarpenter@bassettgreen.net



Ms Long and Mrs Stillwell are also DSL's.



Southampton Mental Health in Schools Team

*Sometimes asking for help is the bravest move you
can make. You don't have to go it alone.*

We recognise that some children may be anxious or have low mood, and this may impact their wellbeing in many ways.

Supporting mental health is part of our PSHE curriculum for all children.

At Bassett Green we can further help to address wellbeing by using our Emotional Literacy Support Assistant (ELSA) in school.

We are also fortunate to have the NHS Mental Health Support Team visit our school regularly if further advice is needed. This team supports families that are not currently involved with CAMHS

What support is there if your child is struggling with their mental health?

The Mental Health Support Team (MHST) do not diagnose young people, but instead they look at the symptoms that children are experiencing and help them to overcome or manage them to improve their wellbeing. CBT strategies are offered to parents to help their children who are exhibiting mild to moderate symptoms of the following mental health difficulties, which cannot be otherwise explained by any situational or systemic factors:

- Low Mood
- Panic Attacks
- Generalised Anxiety and Worry
 - Specific Phobias
 - Separation Anxiety
 - Social Anxiety
- Obsessive Compulsive Disorder (OCD)
- Behavioural difficulties in primary aged children

HOW CAN YOU GET SUPPORT FROM THE MHST?

If a child or young person is experiencing mental health difficulties that is causing ongoing disruption to their daily functioning, and they feel unable to manage these independently, then speak to their school's Mental Health Lead about completing a referral to the MHST

If you would like to discuss any concerns or would like further information, please speak to Linda Carpenter in school or email her directly on lcarpenter@bassettgreen.net

Further information and advice

Useful Apps & Websites:



Please click on the boxes to access the links



Useful Books:



Please click on the blue box to access the e-book

Helping Your Child with Fear and Worries by Cathy Cresswell

Mindful Kids Activity Books by Dr Sharie Coombes

The Incredible Years by Carolyn Webster-Stratton

Stuff That Sucks by Ben Sedley

NHS Self Help Leaflets

Please click on the icons below to be linked to some useful resources from the Solent NHS Trust

6 WAYS TO WELLBEING

UNDERSTANDING ANXIETY

UNDERSTANDING PANIC ATTACKS



IMPROVING SLEEP

UNDERSTANDING LOW MOOD

UNDERSTANDING WORRY