

WHAT HAVE THE MHST DONE AT OUR SCHOOL THIS YEAR?

The Mental Health Support Team (MHST) are an early intervention service from Achieving for Children, supporting children and young people's wellbeing in a range of ways across schools in Kingston & Richmond.

This year at St Agatha's, we have been supported by an Education Wellbeing Practitioner (Serena), Dance Movement Psychotherapist (Shakira) and Child Psychotherapist (Alex). They have provided a range of support, including:

1:1 work with children & parents/carers, to support with mild-moderate mental health concerns

Whole year-group workshops :

Brain Buddies (Y5)

Friendship (Y4)

Transition to Secondary School (Y6)

Work with school staff:

Re-intro to MHST, signs & referral process

Consultations, signposting & reflective space

Office Staff: Intro to Children's Mental Health & Understanding the importance of Co-Regulation and Emotional Regulation

Parent workshops:

Early Years & KS1 Child Development, Emotional Regulation and Co-Regulation

'Helping Children Series' webinars

School Readiness for new Nursery & Reception parents

The MHST will continue to work in the school next academic year. For Autumn term we have worked planned on supporting Emotional Regulation in Year 5 and staff reflective space.

If you would like to find out more about what the MHST offers at St Agatha's and how to access their support, please speak to your child's class teacher or Mrs Cahill.