

Dear Parent/Carer,

The Specialist Mental Health Support Team (MHST) is a new, early intervention service created to support children and young people in Special schools across Hampshire and is linked to the wider NHS child and adolescent mental health service (CAMHS). As well as offering therapeutic interventions to children and young people, a big part of our role is helping schools to embed mental health and wellbeing in everything they do.

As part of our close work with your child's school, we will be completing a 'Wellbeing Reflection Exercise' where we will explore pupil, family and staff experiences of mental health and wellbeing. This will be taking place over the next month and will help inform how the MHST works together with your child's school to support children's mental health and wellbeing, be that through workshops, training, assemblies and more.

As a parent/carers, you are an important part of the school community, and we value hearing your views and experiences. We are inviting you to complete our parent/carers survey, which includes 22 questions you can rate between strongly disagree and strongly agree. There is also an optional text box at the end of the survey if you would like to tell us anything else about the school. This should hopefully take around 5-10 minutes to complete. Please use a smart phone, tablet or computer to click on the link or scan the QR code to complete the survey.

The Mark Way School parent/carers survey (WRE)



<https://forms.office.com/e/yZasXjA1Bj>

It is really important for us to hear the opinions and experiences of pupils, and to do this we will be collecting responses from the pupil council. School staff will be supporting pupils to complete a survey. We have attached a couple of example questions at the end of this letter. If you would not like your child to complete the pupil survey, please complete the opt out slip at the end of this letter and return it to school.

If you have any questions or would like to discuss the Wellbeing Reflection Exercise, please speak to Carly Jones.

Yours sincerely,

Aimee Cowie, Becca Hyde and Kat Foden

Senior and Trainee Education Mental Health Practitioners

Specialist Mental Health Support Team

Example pupil survey questions:

3  3. We  can  learn  about  our  feelings.

5  5. I  feel safe  in school.

MHST Wellbeing Reflection Exercise Pupil Survey

If you **do not** want your child to take part in the pupil survey, please complete and sign this 'opt out' slip and return it to the school office.

Pupil name: _____

Parent/Carer name: _____

Parent/Carer signature: _____

Date: _____
