

7th October 2022

Dear Parents and Carers,

Rachel has begun working on the training survey responses you sent us and we will be starting our programme after half term. Your views have been really helpful. You don't need to wait for a training session if you need advice or support – just speak with any of the management team or give Harriet a call. You can also email Harriet: hmesagan@spa-education.org

Meet the OT: Wednesday October 12th at 9.30 am

Families of children in **Mint, Brenchley and Rye** classes are welcome to come to meet Shannen on Wednesday to find out about her work.

Key Stage 3 classes will be invited next week.

World Mental Health Day

Monday October 10th is World Mental Health Day. You can find out more here:

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

They've put together some information that you and your families might find helpful. You might want to share them with someone you know.



Southwark have developed a new website to direct young people to services and help they might need, along with things to see and do. You might find some of it useful: [Homepage | OneHub Southwark](#)



KOOTH offers a range of free and confidential online support and counselling for young people:

<https://www.kooth.com/>

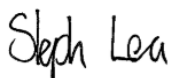


Young Minds provide a range of mental health support for young people and their families.

<https://www.youngminds.org.uk/>

Have a peaceful weekend.

Yours sincerely

A handwritten signature in black ink that reads "Steph Lea".

Steph Lea
Executive Headteacher