



Ursuline
High School
WIMBLEDON

Voluntary Aided 11-18 Roman Catholic School for Girls
Headteacher: Ms Julia Waters BSc (Hons) MA

15th July 2020

Dear Parents/Carers,

RE: support for students during the summer holiday

Supporting your daughter's emotional and physical well-being is of great importance, particularly during this uncertain time. It is understandable that some students may have noticed an increase in anxiety, low mood or worry. If you are concerned or would like additional support for your daughter, we would like to make you aware of support you can access during the summer break.

The Education Well-being Practitioners (EWPs)

The EWPs work for the NHS, as part of Children and Adolescent Mental Health Services (CAMHS). They are usually based in schools and offer support to secondary students who are struggling with worry, stress and/or low mood. While schools are closed during the summer break, they are continuing to support young people virtually (over the phone or video call). They are offering the following interventions:

- 3 session intervention on sleep hygiene
- 3 session intervention on tackling the lack of energy and lack of motivation that many people are experiencing during social distancing
- 3 session intervention on managing worries
- 8 session intervention on understanding and managing anxiety
- 8 session intervention on understanding and managing low mood

Please find a self-referral form attached which can be emailed to : InfoMertonWP@swlstg.nhs.uk

Note: the EWP service cannot work with young people who are already accessing support via CAMHS.

Kooth

Kooth is an online counselling and emotional well-being service for children and young people aged 11-18. Young people can search 'Kooth' or visit kooth.com and get support for anything that's on their mind. It's anonymous and free at the point of use. Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device; where Kooth is commissioned, young people can log on wherever they are to access professional counselling up until 10pm 365 days a year.

-1-

Crescent Road
Wimbledon
London SW20 8HA

Tel: 020 8255 2688
Fax: 020 8255 2687
Visitors' Entrance: The Downs

Website: www.ursulinehigh.merton.sch.uk
Email: enquiries@ursulinehigh.merton.sch.uk
Twitter: @UrsulineHighSch



Please note that the school tablets are monitored 24/7 and so anything written on the tablet will not be confidential from the school.

Off the Record Merton

Off the Record - www.talkofftherecord.org/merton/ offers online and telephone counselling support to any student at a Merton school.

Well-being Co-ordinator

Mrs Donaldson is based at Ursuline High School and can offer one-to-one telephone sessions via Microsoft Teams. Mrs Donaldson will be available 3rd August – 21st August. You can request an appointment at dena.donaldson@ursulinehigh.merton.sch.uk

Parent support

NHS Emotional well-being: covid-19 resource hub

There are a range of useful resources to support your daughter's emotional well-being via this website: [here](#)

[If you would like advice and strategies to support your daughter, the Child and Adolescent Mental Health Services \(CAMHS\) will be offering **online parent workshops** during the month of August on **supporting your teenager with lockdown challenges and return to school**. Please see the leaflet attached to find out more and request a place.](#)

For parents who have a daughter who will be joining us as a year 7 student in September there is also an online summer workshop for those who may be anxious about the **transition to secondary school**: 'Becoming a worry Ninja, Starting secondary school'. Please see the leaflet [attached to find out more and request a place](#).

Wishing you a peaceful summer holiday.

Yours sincerely

Rachael Gilmore
Mental Health Lead

Children & Young People's Wellbeing Service Application Form

Name of Child/ young person				Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of Birth		Year group		Ethnicity	
First Language					
NHS number (if known)					
Home address					
Have you discussed your interest in this service with your parent/ carer?	Yes <input type="checkbox"/> No <input type="checkbox"/>				
Would you like your parent/ carer to participate in the sessions?	Yes <input type="checkbox"/> No <input type="checkbox"/>				
Parent name and contact details (if you are 15 or under we will need to inform your parents of the referral by letter)	Name: Phone number: Email address:				
Day time telephone number (YP or parents number please specify)				Evening telephone number	
Email address					
Which intervention do you feel appropriate?	Anxiety/Worry <input type="checkbox"/> Low Mood <input type="checkbox"/> Sleep Hygiene <input type="checkbox"/> Boosting Mood During COVID <input type="checkbox"/>				
Have you tried any other services? If yes please specify	No <input type="checkbox"/> Yes <input type="checkbox"/>				

Please give a brief description of the difficulties which the young person is experiencing, including the duration and the impact it is having on their everyday life:

Is there anything which has been tried to help with these difficulties?

Are there any other things you think it would be helpful to let us know about? (e.g. parental relationship difficulties, recent bereavements or other changes in circumstances)

Completed by (name): **Signature:** **Date:**

Please return application form to the school SENCo or Mental Health Lead

