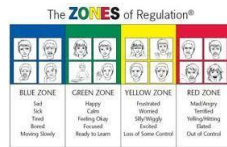


Mental Health and Wellbeing at Brookfield

Your child's mental health and wellbeing is our priority. We adopt a whole-school approach at Brookfield, which means that staff, parents & carers and children are champions of wellbeing. We offer a range of support, from whole-school to whole-class to individual interventions. Please see below an overview of our offer. If you have any queries, please contact Lillie, Designated Mental Health Lead (L.rosenblatt@brookfield.camden.sch.uk).

Whole School

Zones of Regulation



Whole Class

Year 5 – Zone Detectives (MHST)

Year 6 - .Breathe

Individual class workshops throughout the year, facilitated by Camden Learning.

External Agencies

Mental Health Support Team (MHST – see reverse)

Grief Encounter (bereavement support)

Chance UK & The Kids Network (mentoring)

Skills for Life (Brookfield mentoring)

Parents/Carers

Coffee Mornings facilitated by Camden Learning (all start at 9.15am)

Wednesday, 19 th October	Supporting Your Child's Mental Health Part 2
Wednesday, 16 th November	Positive Body Image
Thursday, 15 th December	Screen Time

Webinars facilitated by MHST

Webinar topic	Date	Time
Managing routines	Thursday 13 th October	12pm – 13.00 Q and A: 13.00 to 13.30
Sleep	Thursday 20 th October	12pm – 13.00 Q and A: 13.00 to 13.30
Screen-time	Thursday 3 rd November	12pm – 13.00 Q and A: 13.00 to 13.30
Having therapeutic conversations with your child	Thursday 17 th November	12pm – 13.00 Q and A: 13.00-13.30
Supporting childhood worries	Thursday 24 th November	12pm – 13.00

Please regularly check the parent newsletter on the school website, as this has an up-to-date schedule of in-school events.

CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

Camden's Mental Health Support Team works across Primary schools providing interventions for children and young people experiencing anxiety or low mood.

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

Parent/carer webinars: including topic on sleep, screen time and anxiety



emotional health & wellbeing in Camden,
for children, young people and their families



BROOKFIELD SCHOOLS PRACTITIONER

THOMAS BURNAND

School Hours: Wednesday mornings

If you are interested in getting help, please contact:

Lillie Rosenblatt — Deputy Designated Safeguarding Lead/MHST link/year 4 teacher