



**Clapton Girls'  
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Ms Anna Feltham: Headteacher

**Friday 9 September 2022**

### **Wellbeing and Mental Health in Schools (WAMHS) initiative**

Dear Parents,

At CGA, we are committed to improving support for our students' emotional and mental wellbeing, and are excited to continue working with the Wellbeing and Mental Health in Schools (WAMHS) initiative. This was set up by the CAMHS (Child and Adolescent Mental Health Services) Alliance to help schools help students. Hackney Education also supports this work in a number of ways.

We have a CAMHS link worker, Lauren Cunningham, who comes to school regularly to support staff & students. Our CAMHS link worker helps us to think about our students' needs in school, how to best support them, and how to refer them to specialist services if they need more help. This might mean school staff discussing pupils with the CAMHS link worker to decide what help needs to be given. The CAMHS link worker also advises us on how to make school a success for all students – this is called a 'whole school approach'.

At CGA, we will also have help from another CAMHS team working with schools, the Mental Health Support Team (MHST). In addition to supporting the whole school work, they will be able to offer direct support to pupils and their parents/carers when having problems with their emotional wellbeing. By direct support, we mean, taking part in a group or having some sessions with a CAMHS worker. With your agreement, it may be helpful if you can join some meetings with the CAMHS worker.

If your child requests support, either themselves or through a member of staff, the MHST would normally let parents/carers know in writing. Sometimes young people ask the MHST not to tell their parents. Only if they think it is safe not to let you know, and they judge the young person to be competent to make that decision (as required by the law relating to Gillick Competency\*), would they not inform you. This is unlikely to be the case for younger secondary school pupils. An older adolescent who is judged to be competent to make a decision about treatment may opt to speak with us without your consent. Usually, the MHST will want to speak to parents about a child, as we know this is helpful for all, and we work to encourage students to involve their parents.

For further information on WAMHS and the MHST and how we will securely store information as part of WAMHS, please see the attached leaflet. This information is also available on the school website. If you have any queries about WAMHS, please contact Dr Donna Oxley, Clinical Team Lead [donna.oxley@nhs.net](mailto:donna.oxley@nhs.net).

If you have any queries about MHST, please contact: Dr Deborah Kemp, Clinical Team Lead [Deborah.kemp2@nhs.net](mailto:Deborah.kemp2@nhs.net) or Tasha D'Aguiar, Deputy Clinical Team Lead on [Natasha.daguiar@nhs.net](mailto:Natasha.daguiar@nhs.net)

Kind regards,

**Anna Feltham - Headteacher**

Wisdom &  
Togetherness

