

16 September 2022

Dear Parents/Carers

At Outwood Academy Newbold we pride ourselves on providing timely wrap-around care and support for our young people. This has become ever more important post pandemic. I am writing to update you about the mental health services that are available both within the academy and in our local area.

Just over three years ago, Outwood Grange Academies Trust launched its [Mental Wellbeing Strategy](#) and as part of the Outwood family, we aim to create a supportive environment where the children feel happy and able to flourish and this underpins everything that we do.

As part of our drive to support the mental wellbeing of our children, the [Outwood Mental Wellbeing](#) website provides a comprehensive range of services available to them and their parents.

In July 2022 we were named one of three designated schools to be a centre of excellence where we will be working with a Mental Health Support Teams (MHST). The MHSTs play a crucial role in prevention and early intervention for positive wellbeing and mental health for our children and young people across Derbyshire.

We also have a wide range of resources to support your child within the academy. We have used an external counselling service (CASY counselling) who delivers interventions on self-esteem, body image, cognitive behaviour therapy, bereavement plus many more. We utilise voluntary services, such as 'the you matter movement' provided by Ikon Church to mentor students, and the 'bouncing back' programme provided by Build Sound Minds as well as other services. In addition, we will shortly be opening a new wellbeing area in school as well as specific wellbeing sessions across the academic year to help us meet the growing need within the academy.

For children and young people who are experiencing more complex issues we are also very established in initiating and leading on the Early Help process and working very closely with Children's Services and the Early Help Advisory Team, Primary Mental Health Nurses and CAMHS.

Finally on the 19th October I will be hosting a MHWB and safeguarding evening whereby local providers, charities and volunteers will be attending. The aim is to support parents and carers and to make you aware of local support on offer for your child and to support your own MHWB. Further details to come about this event.

If you feel your child needs additional support please contact your child's learning manager who will be happy to help. Alternatively you can email me directly at [c.schulze@newbold.outwood.com](mailto:c.schulze@newbold.outwood.com).

Yours Sincerely,



**C.Schulze**  
**Vice Principal and Senior Mental Health Lead**