

11 January 2024

Dear Parent/Carer,

I am writing to inform you that The Weald has joined the Thought-Full programme in collaboration with WSCC and Sussex University. Thought-full are the Mental Health Support Team in schools in West Sussex, who support schools with all aspects of mental health and emotional wellbeing.

Being part of Thought-Full will provide us with support in a number of different ways:

- Supporting the senior mental health lead (SMHL) and the school with our approach to mental health and emotional wellbeing.
- Providing evidence-based interventions in school for mild to moderate mental health issues such as anxiety and depression.
- Provide the school with guidance, advice and liaison with external specialist services, to help children and young people access support and stay in education.

The main in school contacts for the Thought-Full programme are Mr Mowforth (SMHL) and Mrs Summerfield (Head of Mercury house).

As part of the Thought-Full offering there will be numerous presentations throughout the year for parents/carers, students and staff covering various topics supporting mental health and wellbeing. Further information about these and how to sign up will follow.

We are hosting a parent/carer launch event about Thought-Full on Wednesday 17 January at 5.30pm. If you would be interested in finding out more from the Thought-Full team please do join us in the school hall, entering via the main reception. To provide guidance on attendance numbers we would be grateful if you could [complete this short form](#) indicating the number of seats required.

The Thought-Full programme is in addition to the pastoral support our Head of House team provides students on a day to day basis. There is no change to your usual contact via your child's head of house for any questions or concerns.

We look forward to welcoming you to the Thought-Full launch presentation.

Kind regards,



Mr A Mowforth & Mrs S Summerfield
Assistant Headteacher (SMHL) & Mercury Head of House