

# Mental Health Support at RFHCS Konstam

## Information for parents/carers

At RFHCS Konstam, all staff take responsibility for promoting emotional wellbeing and supporting students' mental health. Our consultant Senior Mental Health Lead (SMHL) oversees mental health provision across the school.

### What is a Senior Mental Health Lead?

The role of SMHL is recommended by the Department for Education and exists in most schools. As this is a typical school role, explicit parent/carer consent is not sought for work carried out by the SMHL. This work could include:

- Developing the school's pastoral support offer
- Developing mental health provision within the school
- Developing and delivering universal interventions to students around mental health and wellbeing as part of the school's curriculum
- Gathering feedback about pastoral provision at the school from students and staff
- Understanding needs and overseeing the provision for mental health and wellbeing for individual students (such as interventions from school and specialist agencies)
- Speaking to students to gain their views of school and their progress towards goals set.
- Discussing provision for individual students with relevant school staff

### What mental health provision is available?

As part of our Mental Health provision at RFHCS Konstam, young people can also be supported by:

*Emotional Literacy Support Assistants*

*Drama Therapy*

*Music Wellbeing sessions*

*Educational Psychology*

*Speech and Language Therapy*

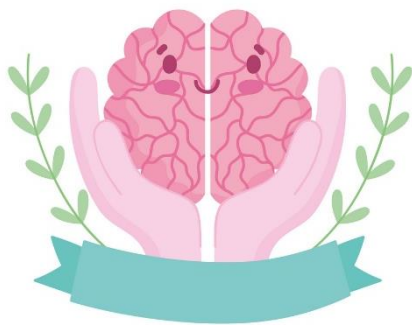
To meet the needs of students at our school, our consultant Senior Mental Health Lead is also a qualified Educational Psychologist. This means that she is able to offer more targeted support for students who need it. We ask parents/carers for written consent for potential Educational Psychologist involvement when students start at the school. If our Educational Psychologist will be working directly with your child (as outlined below) we will contact you to discuss the reasons for this.

### **What is an Educational Psychologist?**

Educational Psychologists work with young people, families and professionals to help ensure that students are emotionally well and able to learn in school. Educational Psychologists can help in a range of areas such as learning, attendance, mental health and communication.

#### **How does an Educational Psychologist become involved?**

Staff at school meet regularly to discuss students' progress. If a student needs additional, personalised support, it may be suggested that the Educational Psychologist become more involved with them. We inform parents/carers if this level of involvement is suggested.



#### **What might the Educational Psychologist do?**

Educational Psychologists work in different ways depending on what they are helping with. This could include:

- Consultation meetings with school staff and parents/carers
- Attending multi agency meetings for individual students
- Individual assessment with students (gaining student views, exploring emotional wellbeing, understand learning strengths and difficulties)
- Therapeutic support for students relating to school based goals (e.g. improving attendance, forming friendships, engaging with learning)

#### **How will I know what plans have been made?**

You may be invited to a meeting with the Educational Psychologist and staff at school so that plans can be made with you. A summary of the Educational Psychologist's involvement may also be written which will be sent to you and your child.

**If you have any questions, please contact:**

[educationalpsychologist@royalfree.camden.sch.uk](mailto:educationalpsychologist@royalfree.camden.sch.uk)

**Royal Free Educational Psychology Involvement**  
**Parent/Carer Consent Form**

**Student Information**

Name:	
Date of birth:	
Programme:	
Gender/pronouns:	
Ethnicity:	
Does the young person have an EHCP?	

**Parent/Carer Information**

Name of parent/carers:	
Relationship to young person:	
Phone number:	
Email address:	
Home address:	
Interpreter required?	

Working with the Educational Psychologist could involve:

- Talking to parents/carers and school staff
- Attending multi agency meetings for individual students and talking to other professionals involved with your child
- Observing your child in a lesson
- Individual assessment with students (gaining student views, exploring emotional wellbeing, understand learning strengths and difficulties)
- Therapeutic support for students relating to school based goals (e.g. improving attendance, forming friendships, engaging with learning)

The Educational Psychologist may also keep records of their involvement with your child and may share relevant information with other professionals who are involved. You will be sent copies of reports, and can access all written information about your child.

I agree to the involvement of the educational psychologist with my child. This may include:

- Direct work with my child
- Keeping records of Educational Psychology involvement
- Sharing relevant information with other professionals

Name of parent/carer:	
Signature:	
Date:	