SEND Newsletter—Spring 1 2026

Welcome to our half termly SEND newsletter addressing all things related to Special Educational Needs and Disabilities here at All Saints! Please check past newsletters about SEND and our school Padlet on our website. This newsletter explains what the MHST does, how they work with schools, and how they can support your child and family.

The role of the Mental Health Support Team?

Supporting children's emotional wellbeing is an essential part of helping them learn, thrive, and feel safe in school. In Hampshire, we are fortunate to have access to the Mental Health Support Team (MHST)—a service designed to provide early help for children and young people who may be experiencing mental health difficulties.

What is the MHST?

The Mental Health Support Team is part of Hampshire CAMHS, offering early support to improve access to psychological therapies for young people. Their main purpose is to help children manage mental health challenges early, preventing difficulties from becoming more severe.

To find out more information about the Mental health Support Teams

https://hampshirecamhs.nhs.uk/issue/mental-health-support-teams/

What Types of Difficulties Can MHST Help With?

MHST practitioners are trained in both low intensity and high intensity Cognitive Behavioural Therapy (CBT) and can support children experiencing:

Low mood

Worries and anxiety

Phobias

Sleep difficulties

PTSD or trauma following a single event

Obsessive compulsive difficulties

Behavioural difficulties

Where appropriate, support can be offered one to one, in small groups, or sessions with parents, depending on the child's age and needs. Sessions may take place in school or online, offering flexibility for families.

How the MHST Works With Schools

The MHST doesn't just work directly with children—they also support schools in developing a whole school approach to positive mental health. This includes providing staff training and workshops, offering consultations with teachers and SENCos, advising on curriculum content, and facilitating mental health forums where professionals can share best practice. They work in partnership with a range of key professionals such as school nurses, school counsellors, educational psychologists, voluntary agencies, and specialist CAMHS teams.

At All Saints, we have already benefited from MHST support through staff training on working with children who have attachment or trauma related needs. Each year, our Year 6 pupils also take part in a workshop focused on managing the transition to secondary school. We have expressed interest in further workshops for our Year 3 and Year 5 pupils—so watch this space!

The MHST has supported families within our school community by working directly with children and by offering parent courses on managing worries and anxieties. We are also organising a parents coffee morning so you can work with the MHST professionals.

How Can Families Access Support?

Referrals to the MHST must come through the school, so if you feel your child may benefit, please speak to:

Mrs Darling-Chalke—Inclusion Lead and SENDCO

Mrs Corney—Wellbeing lead and ELSA

We can discuss your child's needs together and, if appropriate, submit a referral on your behalf.

Mental Health Matters!

Research and national policy highlight that half of all mental health conditions begin before age 14, making early support crucial. MHSTs are part of a national drive to make mental health support more accessible in schools, with continued expansion planned across the country. By providing early, school based support, MHSTs help children build resilience, confidence, and emotional regulation—skills that benefit them throughout life.

For more information, please see the MHST website;

https://hampshirecamhs.nhs.uk/issue/mental-health-support-teams/

Mrs Darling-Chalke is our school SENDCO. She works as our SENDCO on Mondays, Wednesdays and Fridays. If you would like to talk to her, please make an appointment with the school office.

Don't forget, past SEND newsletters can be found on our school website.

https://www.allsaintsceprimary.co.uk/send-information/

Next Newsletter will be out after February half term