

# Supporting your child to settle into secondary school



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Are you **OK**  
Kingston?



Are you **OK**  
Richmond?

# Who are the MHST?

Mental Health  
Support Team



- The Mental Health Support Team (MHST) is an **early intervention**, multi disciplinary team of clinical specialists, mental health clinicians and education wellbeing practitioners (EWPs).
- We provide support for **common mental health and wellbeing difficulties** to children, young people, families/carers and staff in school settings, within Kingston and Richmond.
- The teams are delivered by Achieving for Children as part of our Emotional Health Service.



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# Why is this relevant now?

In addition to their primary attachment relationship with you. Your child also forms an attachment to their school and this acts as an additional secure base through:

- **Providing safety**
- **Providing emotional security in fear-provoking situations**
- **Promotes opportunities for social contribution**

This enables school to be a place where they can feel safe to explore and their learning can thrive.

Starting a new school means the safety and security they felt is gone, and a new relationship must be established. This takes time.

We want to ensure that we can support our young people as much as possible during this phase of change to help them succeed.

## *Top tips*

- Remember that uncertainty is normal, inevitable and does not always mean something bad will happen.
- Focus on positives and look out for opportunities where they can have a sense of control
- Give time and space and be curious about feelings

# Working with the school

- Be clear on school's expectations and rules, and communicate them to your child in advance.
- Maintain the same expectations and rules at home to ensure consistency and avoid confusion.
- Work with the school to maintain the secure attachment your child is building.

# Support at Chessington Secondary

There are lots of different people who can offer support including:

- Form Tutors
- Head of year
- Pastoral support
- Mental Health Ambassadors
- The Buddy System
- School counsellor
- Health lead worker
- Mental Health Support Team



Remember to talk to *any* adult that you trust within school.

Mental Health  
Support Team



Questions - Ideas - Feedback



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