



Hertfordshire Partnership NHS Foundation Trust

Dacorum Mental Health Support Team

Based at Hobbs Hill Wood School

hpft.mhstdacorum@nhs.net

Office hours: 9am-5pm Mon-Fri

Dear Parents/Carers,

We are the Mental Health Support Team, a service in Hertfordshire, set up to support the emotional wellbeing of children and young people attending schools in Dacorum and your young person's school is one of them. This term as part of our work with George Street Primary we will be supporting by running a group called Me and My Emotions.

The group gives children the opportunity to explore:

- Understanding and recognising different emotions
- Identification and regulation of emotions they are feeling
- Recognising these emotions before they escalate
- Self-care, self-calming and problem-solving strategies
- Challenging our thoughts.

For more information about the group, please see the information sheet attached to this letter. The programme is being offered to all Year 5 students and is made up of 4 sessions that will take place weekly on Tuesdays from 26th November during school hours. The sessions will be led by Mental Health Support Team practitioners and supported by school staff.

As part of the group, we will need to collect relevant information from school about your child such as their name, date of birth, gender, address, ethnicity, additional needs, child looked after, parent/carer contact details, any other relevant information that school feel we should be aware of. All information will be stored on a secure Electronic Patient Record System. This will help us to track how effective the group has been in helping the students learn about emotions and develop strategies to help them manage their emotions. Please see the below link which details Protection and Use of Personal Information which explains how we manage and protect your data. Please ensure you read HPFT policy on data protection and sharing of information which can be found by clicking this link:



<https://www.hpft.nhs.uk/service-users/your-information/>

If you have any questions about the programme, please send an email to the Mental Health Support Team at hpft.mhstdacorum@nhs.net with the name of the group and your school in the title.

Should you **NOT WISH** for your child to take part in the sessions, please can you inform the school by completing the opt-out slip below by **Friday 18th November**. If we do not receive a response by this date, then we will assume that you are happy for your child to take part in the group.

If you change your mind about your child being in the group at any time, please let the school know, who will inform us, and your child will no longer be in the group.

We look forward to working with your child.

Yours faithfully,

Karen Jeffreys and Nellie Langeveldt

Hertfordshire Mental Health Support Teams



What is an MHST?



Dacorum MHST me and My Feelings GROUP Spring TERM 2024

I DO NOT wish for my child _____ to take part in the
Me and My Feelings group.

Signed _____

Print Name _____