

23<sup>rd</sup> March 2020

Dear Parents/Carers,

### **Mental Health Support**

The current situation we are facing has left us all feeling some amount of uncertainty. As the ELSA and Mental Health Practitioner for the school, I can appreciate the anxieties that your children may be currently experiencing. I would like to offer my support whilst your children are learning from home.

After looking at different ways to offer support I have decided to run a Skype support account. This is free and once your child is set up, this will allow me to arrange suitable appointments with them. The appointments will consist of instant messaging, allowing your child to see that I am online and typing to them. The appointments will be secure with end to end encryption. I will be based both from home and school, but should I need to isolate at any time, this will allow minimal disruption and support to continue.

I will be emailing all students who already receive ELSA/CBT support with a set up link, so that their support can continue.

Oli from Camberley Youth for Christ will also still be supporting students and offering online mentoring. Initially, I will be contacting the students Oli was supporting up until closure, to see if they would like this to continue. There will be a separate consent form to complete for this support to begin.

As parents/carers please email should you have any questions, concerns about you child or would like some support ideas/strategies and I will do my best to assist.

1. In the first instance of requiring emotional or mental health support, you will need to directly contact me via [c.newton@kings-international.co.uk](mailto:c.newton@kings-international.co.uk)
2. Once you have received and returned the parental consent form you will be sent a link to 'sign up' to access the skype support with myself.
3. You'll be asked to sign up, using your phone number or personal email address, both of which I will not see. This should only take a couple of minutes.
4. Anyone under the age of 13 will require a parent or guardian to sign up for them.
5. You will then be asked to verify your email by entering a code that is sent to you via email.
6. You will then be asked to sign in using the log in details you provided, including a password that you will create.
7. After initial set up an agreed time will be set up for a support meeting and future appointments set up at the end of each session.

Best Wishes,

Trina Newton  
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