



Hove Park School
"Together We Achieve"

Nevill Campus: Nevill Rd, Hove, East Sussex, BN3 7BN
Tel: +44 (0)1273 295000/1 Fax: +44 (0)1273 295009

Valley Campus: Hangleton Way, Hove, East Sussex, BN3 8AA
Tel: +44 (0)1273 295002/3 Fax: +44 (0)1273 294994

Email: office@hovepark.org.uk

Mr Jim Roberts- Headteacher

15th June 2020

Dear Parents and Carers,

I think it probably goes without saying that the past few months have been tough and the disruption to family life looks like it is set to continue to the end of term and possibly beyond. The lockdown situation has significantly impacted every aspect of our children's and family lives: we've created classrooms in our kitchens, motivated our children get out of bed and off their phones, asked Alexa questions (*a lot* of questions) and all whilst managing family finances and work. Just in case no one has said it - *Thank you and Well done!*

We know that Covid-19 and the lockdown restrictions will have undoubtedly had an impact on many young people's mental health and wellbeing. As I am sure you are already aware, Hove Park has been working hard to ensure our young people can still access lessons and pastoral teams remotely during this time to in order to support their wellbeing. But as the situation continues, I wanted to directly share with you the support and help we have to offer.

We are proud to be among one of the few schools to have a dedicated Wellbeing Team, in addition to our Year Teams and SEND teams. We also work with partner agencies including the Brighton and Hove Inclusion Service and Allsorts, to offer a range of support accessible both via school and through self-referral. Below is a directory of our offer around mental health and wellbeing, plus recommended agencies, organisations and websites.

As some students prepare to return to school, we want to ensure we are responding to the concerns young people might have. If your child is in **Year 10** they will have been sent a questionnaire via HPS Digital and their school email on how we can best support them.

Please encourage them to complete this (it only takes a few minutes) as this information will help us develop our provision:

https://forms.office.com/Pages/ResponsePage.aspx?id=0jAn3g_QeE6jEJlPybwjU8tvnuY5uNAvJp9NUNJNaRUM0s3SksZTjNNNEFaNEE5ODNKVUhLNUFFQI4u

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If you have any further questions or feedback on student wellbeing, please do not hesitate to contact me; my email is lpinney@hovepark.org.uk

Kind regards,
 Lauren Pinney
 Head of PHSE and Student Wellbeing

Service	Offer	Contact
Your Year Team	We would always recommend that if you have any questions or worries that you contact your child's Year Team as they will be able to help with a wide range of school based concerns, or signpost you where you can find support.	Year 7 - Mr Riley DRiley@hovepark.org.uk Year 8 - Mr Frimpon sfrimpon@hovepark.org.uk Year 9 - Mr Agnihotri sagnihotri@hovepark.org.uk Year 10 - Mr Streeter mstreeter@hovepark.org.uk 6th Form - Mr Miles. JMiles@hovepark.org.uk
Safeguarding Team	All of us have a responsibility for Child Protection. This means: <ul style="list-style-type: none"> • protecting children from abuse • promoting the welfare of children • preventing children from being harmed 	Always include safeguarding@hovepark.org.uk in any correspondence Designated Safeguarding Lead and Designated Teacher for Looked After Children - Mrs Nansi Mellormellor@hovepark.org.uk Deputy Designated Safeguarding Lead: Miss Cassey Gaywood cgaywood@hovepark.org.uk

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	If you have any concerns regarding the safety of a young person please contact the Safeguarding Team	
Wellbeing Team	The Wellbeing Team provide mental health support, offering advice, assessment and therapeutic intervention. Referrals are made via your child's Year Team.	Lauren Pinney lpinney@hovepark.org.uk
Your Space	Your Space is a self referral system for students at Hove Park who would like to access mental health support. Students are offered a time to talk to a member of the Wellbeing Team to help put them in contact with support in school. This email is only monitored during school. Unfortunately, we	yourspace@hovepark.org.uk

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	cannot offer face-to-face appointments at this time but students can choose contact via telephone or email. (See attached poster)	
School's Wellbeing Service	The School's Wellbeing Service will not be able to meet with young people and families or offer consultation sessions due to COVID 19. In order to support the wellbeing of our young people and families we are offering our consultation helpline on a daily basis.	SWSConsultationLine@brighton-hove.gov.uk or call 01273 293481 and leave a message.
Allsorts	<ul style="list-style-type: none"> •Allsorts Youth Project listens to, supports & connects children & young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity. 	<p>To find out more at Hove Park contact, Ms Vermeer evermeer@hovepark.org.uk</p> <p>edcation@allsortsyouth.co.uk</p> <p>https://www.allsortsyouth.org.uk/young-people</p>

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	(See attached poster)	
ChatHealth - text messaging service	ChatHealth is a secure and confidential text messaging service for young people, aged 11-19. It provides an easy and anonymous access with a healthcare professional for advice and support.	If you live in Brighton & Hove , you can text 07480 635423. Opening Hours: Monday to Friday, 9am – 4.30pm excluding bank holidays. Outside of these hours, an automated message is sent with advice on where to get help if the question is urgent.
e-wellbeing	e-wellbeing is a digital wellbeing service for young people, run by YMCA DownsLink Group. Our aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place, at a time that is right for them.	https://e-wellbeing.co.uk

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Emergency Mental Health Support	If you require urgent support for your child's mental health please call Specialist CAMHS on 0300 304 0061 between 08:30am – 4:00pm. Outside of these hours, seek support from the Royal Alexander Children's Hospital or call 999	
Childline	Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.	https://www.childline.org.uk
Young Minds	The UK's leading charity fighting for children and young people's mental health. Support, advice and guidance on a range of mental health issues for young	https://youngminds.org.uk/ Parents Helpline – call 0808 802 5544 Or email the Parents Helpline using our contact form .

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	people, parents and carers.	
Al-Anon	Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.	https://www.al-anonuk.org.uk/
National Domestic Abuse Helpline	Call the National Domestic Abuse Helpline for free and confidential advice, 24 hours a day on 0808 2000 247.	https://www.nationaldahelpline.org.uk/ 0808 2000 247.
Winston's Wish	Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.	winstonswish.org.uk Our Freephone National Helpline is free to call on 08088 020 02

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