



Dear Parents/Carers,

We would like to introduce ourselves. My name is Jo Moroney, and I am Habiba Khan, and we are Trainee Education Mental Health Practitioners.

We are currently in our training year with the University of Southampton and working as part of the West Mental health support team.

The Mental Health Support Team (MHST) is an early intervention service created to support children and young people across schools. The West team supports Romsey, Eastleigh and the New Forest MHST schools and is linked to the wider NHS child and adolescent mental health service (CAMHS). As well as offering therapeutic interventions to children and young people, a big part of our role is helping schools to embed mental health and wellbeing in everything they do.

As part of our close work with your child's school, we will be completing a 'Wellbeing Reflection Exercise' where we will explore pupil, parents and carers and staff members thoughts of mental health and wellbeing. This will primarily focus on experiences at lunch time.

This will help inform how the MHST works together with Hiltingbury Infant School to support children's mental health and wellbeing, be that through interventions, training, assemblies and more.

Your feedback is crucial to our efforts in creating a supportive and positive environment for all pupils. We kindly ask you to complete the Microsoft Forms survey included in this email. Please note that the deadline for parent survey submissions is **Friday, June 20<sup>th</sup>, 2025, by 5 PM.**

To participate, we kindly ask that you complete the Microsoft Forms survey in this email by clicking on the link/QR code at the bottom of the email. **If you have any questions regarding the survey, please do get in touch with the school office and they will kindly forward them on to us.**

<https://forms.cloud.microsoft/e/Gf4R4NNeC7>



Yours sincerely,

Jo Moroney and Habiba Khan.

*Trainee Education Mental Health Practitioners*

*Eastleigh Mental Health Support Team (MHST)*