

# Half Termly Newsletter

Autumn

Hey, welcome to another instalment of our half termly Newsletter.

If you have anything you would like us to include anything in our newsletter or let other schools know about any events you are running, please do contact us on:  
[bsmhft.schools@nhs.net](mailto:bsmhft.schools@nhs.net).



## New Whole School Approach Initiatives

### Self-Sign Up

#### Workshops covering Anxiety or Resilience

These are 1.5-2 hour workshops for secondary schools to access. Up to 10 students at a time can sign themselves up to either the anxiety or resilience workshops. Workshops will cover psychoeducation and strategies, with signposting and post workshop support booklet.

Please contact your allocated team to arrange.



### Bookable Parents Evening Slots.

These are available for all schools to access. If the MHST is supporting at your schools parents' evenings, parents can now book a slot with the MHST staff as they would be able to with their child's class teacher.

If this is something you would like to arrange speak to your allocated team for the information to send to parents.



# Electively Home Educated Parents

Solar's MHST Team would like to develop a whole school approach offer for our EHE parents and children. If parents would like to join our mailing list to receive MHST updates on support available, please email [bsmhft.schools@nhs.net](mailto:bsmhft.schools@nhs.net) with the following information:

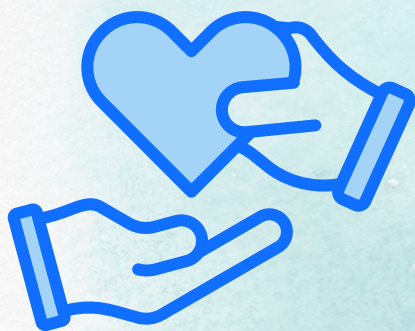


Subject: EHE Mailing List

Include your name, child's or children's names and ages and that you wish to be part of the EHE mailing list.



## Education Staff Wellbeing Support



Education Support is a UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.

On 3rd Dec at 4pm, they are running one-hour webinar in partnership with Manchester Metropolitan University, where they will explore practical, research-informed strategies to help create cultures where staff feel supported, valued, and motivated to stay.

This is free to attend and open to all education staff. Click the link below to book your space.

<https://www.educationsupport.org.uk/news-and-events/events/creating-cultures-of-care-supporting-staff-wellbeing-in-schools/>

# Reminder

Reminder: The Wellbeing Postcard Competition closes on 12<sup>th</sup> December.

Please encourage your students to enter



**WELLBEING POSTCARD PROJECT**

For secondary school age (under 18) children and young people

**CALLING ALL YOUNG ARTISTS**

We need YOU to create inspiring designs for our wellbeing postcards. We will pick four winning designs from across the borough.

**HOW TO ENTER**

Entries should be submitted using the template provided, these are available at your school/college or local Family Hub.

You can submit them to:

- Your school/college office
- One of the Family Hubs
- Solar CAMHS Reception

Multi locations

Please ensure you complete the details section on the template. You should include your name, age, form and school (or parent/carer's phone number if you are not in school).

**ENTRIES OPEN: 10TH OCTOBER - 12TH DECEMBER 2025**

Logos: Solihull Metropolitan Borough Council, Solar, Barnardo's, Cameron Grant Memorial Trust.



**SOLAR CHRISTMAS PARTY**

**FRIDAY THE 12<sup>TH</sup> OF DECEMBER 2025**  
**3:30PM - 5:15PM | BISHOP WILSON CLINIC**

**REFRESHMENTS AVAILABLE**

**PLAY GAMES/ WIN PRIZES**  
**PRESENTS AND HAMPERS FOR CHILDREN AND FAMILIES!**

Happy Holidays

**MEET FATHER CHRISTMAS**

Logos: Solar, Barnardo's, NHS Birmingham and Solihull Mental Health NHS Foundation Trust.

## Solar Christmas Party

For all Parents/Carers, Siblings and Children and Young People supported by Solar

