



Burnt Tree Primary School

Hill Rd, Tividale, Oldbury, B69 2LN

Tel 0121 557 2967

'Where everyone matters'



Head Teacher Mrs. J. Bayliss

Friday 3rd October 2025

Dear Parents and Carers,

As you are aware, we have been working closely with **Reflexions, the NHS Mental Health Support Team (MHST)**, for some time now. The team provides a wide range of mental health and emotional wellbeing support for children aged 5–11 years.



This includes:

- One-to-one low and high intensity CBT (Cognitive Behavioural Therapy)
- Weekly interventions with pupils and their families
- School assemblies
- Group sessions and workshops

Reflexions plays a vital role in supporting our pupils' mental health and we are pleased to continue offering these services in school.

For more **targeted support**, such as **small group work or one-to-one sessions**, we require **parental support and consent** to ensure children can fully engage with the process.

Moving forward, for small group work, we will be introducing an **opt-out system**. This means that if you **do not wish** for your child to take part in any small group sessions, please inform **Miss Gamwell or Mrs Bryant**.

For those who are happy for their child to participate, you do not need to take any action at this time. If your child is selected to take part, you will receive a **notification via Arbor message** confirming the date and nature of the support.

If you have any questions or would like further information about the Reflexions support available in school, please don't hesitate to get in touch with Miss Gamwell.

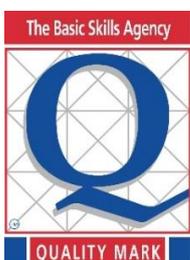
Thank you for your continued support.

Kindest regards

J Gamwell

Miss J Gamwell

Family Support Worker



SCHOOL
MEMBER

