



Hello,  
I hope that you have had a lovely week.

☀️ **SEN Coffee Morning – Thank You for Coming!** ☀️

A big thank you to everyone who came to our recent **SEN Coffee Morning** – it was great to see so many of you there!

We were lucky to be joined by staff from **CAMHS – the Children and Young People’s Low Intensity CBT Service**. They talked about the brilliant support they offer to children aged **6 to 17 years** who may be struggling with their feelings or mental health.

🧠 **They Can Help With:**

- Feeling low or sad (e.g. not wanting to join in, changes in appetite, feeling irritable)
- Worry and anxiety
- Panic attacks
- Trouble sleeping (due to worry or low mood)
- Some fears and phobias (like fear of spiders or dogs)
- Early signs of obsessive thoughts or behaviours

📞 **What to Do If You’re Worried:**

If you’re concerned about your child, please speak to your **GP** and ask to be referred to the **Children and Wellbeing Practitioners**.

👉 Find out more here:

[Children and Young People’s Low Intensity CBT Service](#)

💻 **Don’t Forget!**

You can also visit our **SEND Padlet** on the school website, where we’ve gathered useful resources and support for parents:

[Knighton Mead SEND Padlet for Parents](#)

Thank you again for your support – it really means a lot!  
Have a good weekend,  
Miss Rebecca Smith.

Congratulations to our badge winners this week...  
**Richmond – Priscilla & Deborah. 2<sup>nd</sup> White Badge.**  
**Lothair – Mia – Platinum.**



**Search: KnightonTMET** <https://twitter.com/knightontmet>

Please make sure that you follow us on X formerly known as Twitter to keep up to date with news and events but also see what your children are up to whilst in school!

**Enquiries: [office@knighton-tmet.uk](mailto:office@knighton-tmet.uk)**



**Date: 10/05/25**

**Issue: 30**

**Principal: Miss Rebecca Smith**



**Friday 23<sup>rd</sup> May – Colour Dash.**

**26<sup>th</sup> May till 30<sup>th</sup> of May - Summer Half Term.**

**Wednesday 18<sup>th</sup> June – Sports Day @ Saffron Lane Stadium – details to follow**

## Attendance



A huge congratulations goes to Lansdowne class, for amazing attendance and to Bloomfield class for excellent punctuality this week.

Please remember that gates open at **8.40am** and children must be in class by **8.50am**.

Also, please familiarise yourself with NHS guidance on when to keep your child from school.

[Is my child too ill for school? – NHS](#)

Thank you,  
Miss Key.

Class	Attendance %
Hawkins	91.39
Bloomfield	94.74
Macaulay	96.00
Lansdowne	96.67
Richmond	96.00
Hughenden	90.85
Lothair	88.31
Whole School Attendance	93.66



**Primary Leadership Team**  
**#collaboration #community**

## Frozen Friday!

Don't forget Frozen Friday is back! 50p an ice pole. Sold at lunch time! Please bring your money in a named envelope or wallet to keep it safe!



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## Character muscle of the week

**Imitation: Using something or someone as an example to learn from.**



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## HOW TO ACCESS THE LOW INTENSITY CBT SERVICE (PMHT CAMHS)?

You can contact your GP to discuss your concerns. Your GP will assess your needs and decide whether CWP support would be useful for you and make the referral.

Alternatively, you can self-refer into mental health services within Leicester where your needs will be assessed and then you will be directed to the most appropriate support.

Please scan the barcode for more information



**"The person who I spoke to was very helpful and made me feel comfortable and understood."**

- CAMHS service user

**"The sessions were really helpful."**

- CAMHS service user

## WHAT CAN I EXPECT FROM THE SERVICE?

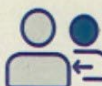
Once we have received your referral, you will be offered an assessment. This can be done face-to-face or via a virtual platform. The assessment can take between 60 minutes to 90 minutes depending on your individual needs. Following assessment, you may be offered intervention. This can range from:



6-8 sessions, which can be weekly or biweekly depending your needs.



Signposting/referral to useful online/self-help resources.



Referral or signpost to the most appropriate service.



## CAMHS CHILDREN AND YOUNG PEOPLE'S LOW INTENSITY CBT SERVICE



## WHO ARE WE?

Children Well-being Practitioner's (CWPs) work within the Primary Mental Health Team (PMHT) which is part of the Child and Adolescent Mental Health Service (CAMHS). We offer early intervention using the principles of Cognitive Behavioural Therapy (CBT) which is in line with evidence base research. Evidence suggests that early intervention can prevent CYP's difficulties from deteriorating.

## WHO CAN WE HELP?

CWP's support CYP and their families, between the ages of 6 to 18, across Leicester, Leicestershire and Rutland. We work closely with other statutory and voluntary services, to support families to access the most appropriate care. We offer intervention to CYP with common mental health difficulties, which are impacting on their daily life and stopping them from doing things they enjoy or things they need to do.

## WHAT DOES THE SERVICE OFFER?

We offer assessment for CYP to ascertain whether they would benefit from our service, or whether another service would be more appropriate to meet their needs.

We can provide support for the following mild to moderate presentations:

- Symptoms of low mood (e.g. isolation/lack of interest/appetite changes/withdrawal/irritability)
- Worry and anxiety
- Panic symptoms
- Sleep difficulties as a symptom of anxiety or low mood
- Some phobias (e.g. fear of spiders/dogs)
- Mild or early onset of obsessive-compulsive behaviours



**"My CWP was very supportive and accommodating."** - CAMHS service user

**"I have learnt techniques to make me better."** - CAMHS service user

**"My CWP was lovely, informative and supportive."** - CAMHS service user

**"Our CWP was very good at listening to my sons worries and he looked forward to all his sessions."** - CAMHS service user



If you would like more non-urgent advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the barcode to the left