

01/07/2026

Dear Parents and Carers of Cams Lane Primary School,

As you may be aware, Bury's Mental Health Support Team (MHST) has been working collaboratively with Cams Lane. As well as providing one-to-one support, we also offer whole-school approaches to supporting the pupils' mental health.

What is Bury Mental Health Support Team (MHST)?

The MHST supports children and teenagers across the schools and colleges across Bury, experiencing emerging, low level mental health issues such as worry, anxiety and low mood. The MHST aims to help young people to reach their full potential by offering the right support in the right place, at the right time. We take a collaborative approach, considering each young person's individual needs. We also support parents to understand their child's anxiety and low mood and offer guidance and training to school staff. The aim is to establish a whole school approach towards positive mental health and wellbeing.

As part of our universal preventative approach to mental health, all Year 3, 4 & 5 pupils will be asked to complete a Me and My Feelings (M&MF) questionnaire.

This will take place on the following dates:

Year 3 & 4: Friday 3rd July 2026

Year 5: Friday 10th July 2026.

To read more about the M&MF class screening, please see page 2.

As we are a consent-based service, we require your consent for your child to complete the screening.

If you DO NOT want your child to complete the questionnaire, please e-mail Miss Rosario (senco.camslane@bury.gov.uk). If we do not receive an e-mail from you, we will assume that you are happy for your child to take part in this whole-class support initiative.

If you do want to opt-out, but do have concerns about your child's wellbeing, please contact Miss Rosario (School's Designated Mental Health Lead).

Many thanks,

Amelia Newman

Education Mental Health Practitioner

Bury Mental Health Support Team (MHST)



**Guide to Whole-Class Screening:
Me and My Feelings (M&MF)
Questionnaire.**

What is a whole-class screening, and why do you do them?

As an early intervention service, we want to support all children's wellbeing, and that any emerging difficulties they may be facing are identified early. To support with this, we use standardised questionnaires to conduct whole-class screenings.

One questionnaire that is used is the Me and My Feelings (M&MF). The M&MF is a brief emotional and behavioural screening tool for children and young people.

What does the M&MF look like?

The questionnaire consists of 16 short statements that link to two scales:

1. Emotional difficulties
2. Behavioural difficulties

Pupils will record how much they identify with each statement by ticking one of three boxes: 'never', 'sometimes' or 'always', based on how they feel.

How is the screening be carried out?

The questionnaire will be completed by each individual child in their classroom after a short wellbeing workshop with your school's allocated MHST practitioner. It will be supported by their usual teacher.

What happens after my child has completed the questionnaire?

Following completion, Miss Rosario and Amelia Newman (MHST Practitioner) will review the class' responses and decide on an appropriate outcome.

1: Whole-class support

Themes may be identified for support that the **whole class** might benefit from. This support might be delivered as a whole-class workshop during class-time. You will be made aware, in advance, of any planned workshops or whole-class activities ran by the MHST.

2: Individual or small group support

Identification of **individual young people**, or a **smaller group of young people facing similar difficulties**, who might benefit from more targeted support with an MHST practitioner. If your child is identified as one of these young people, [MHL Name] will contact you to discuss the outcome of the SDQs and give you more information on a potential referral to the MHST. The MHL will also discuss your child's results, referring to pupil voice. Your child will be asked about what they are finding difficult, what helps them, aspects of their life they want to change, what support they are hoping for and anything else they would like us to know.

3. No action

If your child is **NOT** identified as benefitting for more targeted support, you will not be contacted. However, if you have any concerns about your child's wellbeing please contact the school mental health lead.

