

Our Mission

We are an ambitious and inclusive Church of England School, dedicated to ensuring all students live life to the full.

Welcome to the SEND newsletter for Spring 2026.
In this issue you will find information about support on offer for mental health needs, as this week is Mental Health Week.

St Luke's has achieved a Charter Mark in recognition of the work we do to support students mental health needs.

One strand of this work is with the **MHST** who liaise with us and support students who are referred to them.

Mental Health Support Team (MHST) videos

The Mental Health Support Team in Schools (MHST) has a dedicated playlist on Devon Partnership Trust's YouTube channel. These short videos explain:

- How MHST works with schools
- Reflective spaces for education staff
- Mental health ambassador roles for young people
- Our 1:1 Low-intensity CBT offer
- What children, young people and families can expect from their first session
- These resources are designed to help schools, pupils and families better understand the support available.
- For more information about CFHD services and support, please visit the Children and Family Health Devon website: [Our Pathways - Children and Family Health Devon](#)

Lumi Nova – supporting children with worries and fears

Children's Mental Health Week is a great opportunity to start conversations about worries and fears. Lumi Nova is an engaging intergalactic adventure game designed to help children aged 7–12 build confidence and develop lifelong skills to manage anxiety and worries.

Families across Devon can gain instant access to Lumi Nova in partnership with CFHD by visiting:

Lumi Nova - Free for families in Devon
Lumi Nova: Tales of Courage



We also support our students with our Mental Health Ambassadors who are trained students who mentor their peers.

Students are also supported by our trained Pastoral Support Workers, in our specially created supportive areas such as the Learning Support Room and the CHAT Room. Students can access them through referral from staff, parents, or self-referral. Students can also access a wellbeing drop-in service which is available every day at break and lunch times. Some students are also mentored by the School Chaplains.

Learning about good mental health is also part of our pastoral curriculum and is covered in tutorials, assemblies and Life to the Full. This week students will be hearing from Kooth, which offers confidential mental health support via online, messaging and phone app.
<https://www.kooth.com/>

You may also find Happy Maps helpful.



<https://www.happymaps.co.uk/>

A one-stop hub of information on young people's mental health aimed at Parents, Professionals and Young People. Happy Maps is endorsed by CAMHS and includes support on an A-Z of needs from ADHD to Tics and Tourette's.

Parent Forum

Every term we hold a SEND Parent Forum. This is an informal chance to come and chat with our SENCO and other parents, and explore one aspect of SEND in a little more depth. In the past year we have considered sleep difficulties, mental health, what is 'typical' for teenagers, and support services for parents.

Our next Parent Forum is 19th March from 2.15 – 3.15pm and we would love to see you there. Our focus this time will be on what Early Help can offer families.



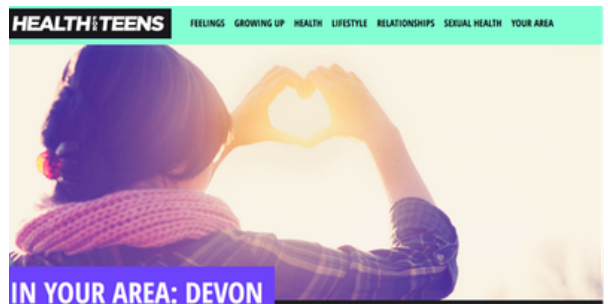
Health for Kids and Teens

Health for kids – a new website for health needs:

www.healthforkids.co.uk/devon

And for teens:

<https://www.healthforteens.co.uk/devon/>



Additional Help

You can always access free, impartial and confidential help about SEND issues through DIAS.

<https://devonias.org.uk/> tel:441392383080 devonias@devon.gov.uk

For Wellbeing Support and also to find our One Minute Guides to SEND and also Early Help, please visit our website page.

<https://stlukescofe.school/send/>

