

# RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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### Message from the team:

“ Well done Barnet schools for showing and promoting such great mental health resilience during truly unprecedented times.



# RESILIENT SCHOOLS



## Introduction

### About the Resilient Schools (RS) programme

*The Barnet RS Programme takes a whole-school approach to promote and build resilience in schools and address mental health concerns early on.*

The programme does this by:

- **Supporting learning** by commissioning and promoting mental-health focused **training** and **networking opportunities**
- **Creating and recommending resources** with a mental-health focus for e.g. the [self harm & suicide policy template](#)
- **Developing and promoting** mental-health related **initiatives and campaigns**
- Tailored (including 1:1) setting support

[Find out more](#)

### Achieving the RS kitemark!

We just want to say **congratulations** to the following schools who successfully completed their [RS mapping tool](#) or HSL silver/gold application & achieved the RS kitemark:

1. Friern Barnet
2. Finchley Catholic
3. East Barnet
4. Mill Hill County
5. Henrietta Barnet
6. Child's Hill primary
7. Brookland Junior
8. Claremont primary
9. Colindale primary
10. Chalgrove primary
11. St Catherine's primary
12. Osidge primary
13. Barnfield primary
14. Deansbrook junior
15. Dollis Primary



*June is the deadline for 22-23 RS kitemark applications.*

**Check out our website:**

[www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme](http://www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme)

# Networking Opportunities



## RESILIENCE IN SCHOOLS FORUM

The forum, led by the Inclusion Advisory Team supports learning around the key principles of the 'Whole School Approach'. The Resilience in schools (RIS) forum is open to a variety of people – senior leaders, SENCO's, learning mentors, mental health leads, pastoral support, teachers and Resilient School leads. *Please RSVP the meeting invites that have been sent out for all the sessions.*

The next forum session is, Wed 26th April 2023, 1.30-3pm. The topic is Working with Parents and Carers to promote resilience and support social and emotional development.

[Zoom details](#)



## RS NETWORK MEETING

Attend termly RS network meetings to get updates on the RS programme activities, local services and projects taking place to benefit schools and/or children and young people. In addition, it is also an opportunity to connect with others and share good practice. The next meeting is the 19th of April. *Please RSVP the meeting invites that have been sent out for all the sessions.*

If you have any good examples of good practice around mental health & well-being that you would like to share within the network meeting, please get in touch. We would love to hear from you!

[Get in touch](#)



## PASTORAL SUPPORT FORUM

The Pastoral Support Forum aims to provide networking, clinical guidance, and training opportunities for any educational professionals across primary and secondary schools that are involved in the pastoral care of children, young people, and their families. We are very pleased that we are able to offer the Pastoral Forum again this year and Dr. Anindita Sarkar is kindly continuing to offer case consultation. The next forum session is Thursday 18 May 2023, 9.30-12.00am.

*Please RSVP the meeting invites that have been sent out for sessions.*

[Request an invite](#)



## CONFERENCES & EVENTS

-TA Conference, 27th April (Online)

-Barnet Digital Resilience Campaign Schools Launch, 27th April @12 noon-5pm. Venue TBC. Email [Orla Purdon](mailto:Orla.Purdon) for more details.

-Healthy Beginnings Roadshow, 16th May @1.30-5pm @The Old Library, NW9 5XA - a FREE health event to support Barnet families with children from pre-birth / antenatal to 8 years of age. Email [earlyyears@barnet.gov.uk](mailto:earlyyears@barnet.gov.uk) for more details.

-Positive about Periods conference, 11th July @1.30-5pm @Stone X stadium- a FREE health event to support Barnet children & young people by normalizing periods. To register, click [here](#). Email [Kevin Lukau](mailto:Kevin.Lukau) for more details.

Check out our website:

[www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme](http://www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme)



# Training Opportunities



## SUICIDE PREVENTION TRAINING

We are pleased to inform you, that there will be an opportunity to attend free Papyrus SP-EAK (Suicide Prevention – Explore, Ask, Keep-Safe) online training. Please can we ask that only 2 representatives per school book onto this training so that the offer is spread evenly across Barnet schools.

All of the training sessions for this academic year (3 in total) have now passed.

If you are interested in attending future training sessions, please email [orla.purdon@barnet.gov.uk](mailto:orla.purdon@barnet.gov.uk). Free training is also available through the [zero-suicide alliance charity](#), and we encourage this to be shared with Parents/Carers.



## WISE BEFORE THE EVENT TRAINING

A Preparedness Session for all Secondary Schools

The death of a student, through suicide, can be one of the most challenging situations a school can face due the complexity & huge emotional impact on the whole school community.

WISE training aims to:

- Help SLT to feel 'prepared' to respond in the event of a suspected suicide death within their school community.
- Affirm current good practise
- Build on existing knowledge and skills
- Be able to create a suicide prevention plan bespoke for your setting.

[Book your place](#)



## YOUTH MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

The training is delivered face to face over 2 days.

The next MHFA training opportunity is in May 2023 (3rd & 10th), 9.30-4.30.

If you are interested in attending, please email [orla.purdon@barnet.gov.uk](mailto:orla.purdon@barnet.gov.uk)



## OTHER TRAINING

Training:

- [Unconscious Bias training](#) (online)
- [MECC \(Making Every Contact Count\)](#)-Access online training & factsheets to support health & wellness conversations.
- [Free Young People's Gaming and Gambling Harm Prevention Training for School Staff](#)- Taking place on Wednesday 26th April, 3:45pm – 5:45pm.To Book [Click Here](#). The online training is suitable for safeguarding staff, teachers, wellbeing staff, heads, support staff, youth workers and any staff member who may have direct contact or deliver to children and young people.

# Resources



## SELF HARM & SUICIDE POLICY TEMPLATE

It is important as a setting to have a policy in place that addresses the management of self-harm and suicide. This is one of the core-component actions that must be completed to achieve the RS kitemark.

A template has been co-produced with the local authority and Barnet schools and can easily be adapted to fit with your school and should be placed within your safeguarding or wellbeing policy.

Let us know when you have embedded this into your policy so that we can update our records for evaluation purposes.



## MAPPING TOOL

The mapping tool is a RS core-component and a way of reflecting upon what your school does on the 'whole school approach to mental health and resilience'. The tool is also purposely linked each principle to Ofsted requirements should you need this in the future and to add benefit to completing the document.

There is no set way to completing the mapping tool. You can use bullet points or detailed descriptions. Information on returning your completed mapping tool is detailed within the document.

[Mapping tool](#)



## PSHE RESOURCES

To support children's mental health and well-being in school, we highlight useful PSHE resources.



YGAM are a Young People's Gaming and Gambling Harm Prevention charity who offer free training and resources to schools and other relevant organizations. Completion of YGAM'S online training enables free access to award winning complimentary, downloadable, and cross-curricular resources. These include lesson plans, schemes of work, PowerPoints, tutorials (all aligned to the PSHE curriculum from KS2-5), and over 100 youth activities as well as awareness sessions on topics such as age-appropriate content. For more information, please email: [hello@ygam.org](mailto:hello@ygam.org)



## OTHER RESOURCES

Young Minds- The charity in partnership with the Muslim Youth Helpline and working directly with young Muslims have created culturally-informed guides to support the mental health of those who follow the Islamic religion. [Click here](#) to download the resources.

UK Trauma Council (UKTC) launch Critical Incidents resources-The UK Trauma Council (UKTC) have developed a series of free, accessible resources for educational communities such as lesson plans, policy templates, staff training etc., to support them in preparing for and managing critical incidents and keeping children calm, safe, connected, in control & hopeful. Download the resources for free [here](#).

[More resources](#)

Check out our website:

[www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme](http://www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme)

# Tailored Setting Support

## FREQUENTLY ASKED QUESTIONS

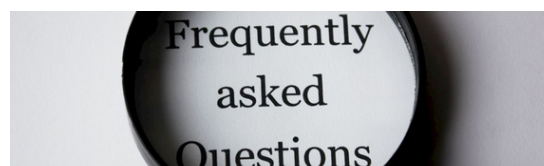
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1. As an RS lead for my school, am I expected to attend every event? *Of course, we would like you to attend as much as you can that is on offer, but we know that realistically this is not possible and some other commitments and priorities need to be attended to. However, we believe that regular engagement will help to support and build resilience in your school setting.*
2. What are the RS programme's core components? *Please take a look at pages 1, 4 & 5 in the [RS welcome letter](#) for details.*
3. How do I evidence that my school is achieving the RS programme core components? *You will need to evidence that you have completed the core components by using the progress tracker within the mapping tool and providing a statement evidencing how you have achieved actions. You can reference to a section of the mapping tool document to reduce duplication. Submissions for the kitemark will need to be made before June 2023. Awards will be celebrated in July.*

*If you are using Healthy Schools London as a pathway to achieve your kitemark, it is not mandatory to complete the RS mapping tool and once your HSL silver action plan has been approved, it is automatically sent to the Resilient Schools team to review. Please take a look at pages 4-6, in the RS welcome letter for more details.*

4. Where can I access mental-health-related teaching materials or resources from the forum sessions?

*Visit the Resilient Schools website and you will either be signposted or be able to download these resources.*



### EMAIL & WEBSITE

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We are always happy to take questions and queries. Please contact [Jayne Abbott](#) (Resilient Schools Programme Manager) or if you a primary school please contact [Michelle Leon](#) (Health Improvement Officer). If you are a secondary school, please contact [Orla Purdon](#) (Health Improvement Officer).

Alternatively, please do check out the RS programme website which contains information on the programme and useful resources.

[Website](#)



### 1:1 MEETINGS

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There is the opportunity to book in a 1:1 meeting as it is very important to us that you get the support you need.

For example, this could be used to go through your mapping tool and receive direct guidance and support on next steps. Click on the link below to book yourself in.

[Book a 1:1](#)





# Kooth online service for young people

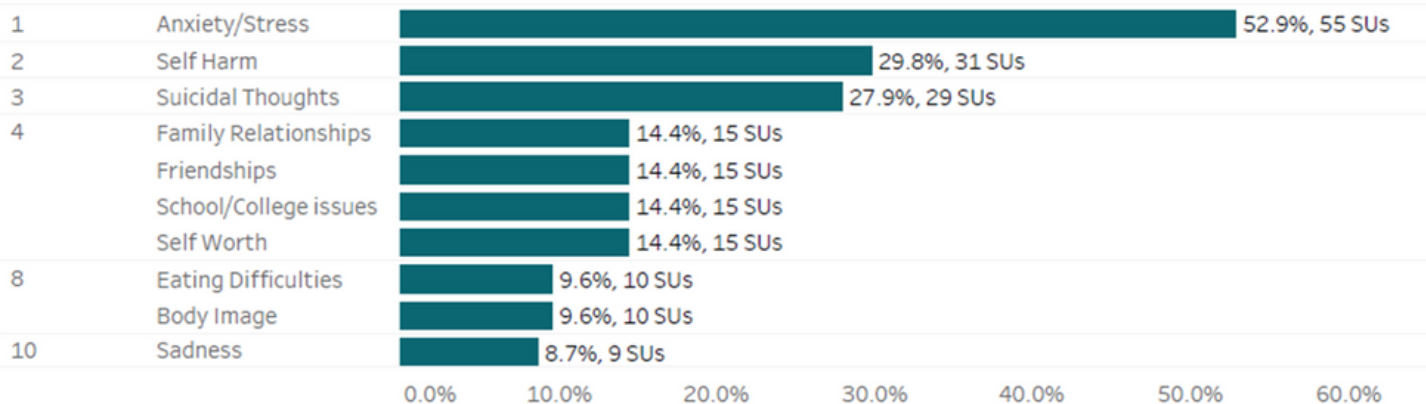
**Kooth** is a free, safe, anonymous online emotional wellbeing community that is accessible daily and provides access to chat sessions with BACP-accredited counsellors. It is available to all 11–25-year-olds who live in Barnet. Kooth also offers free resources and workshops to schools.

## Data Headlines Across North Central London (NCL)

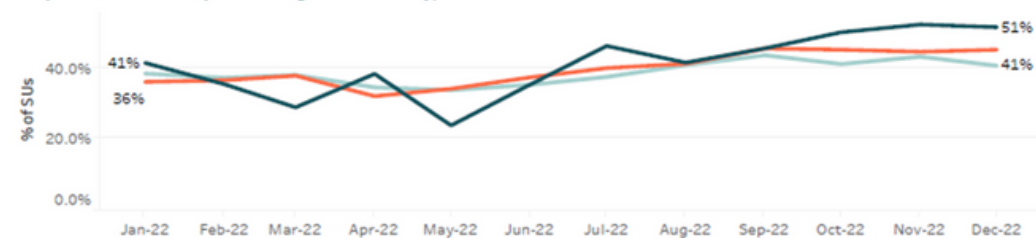
### Top 10 Presenting Issues

Issues presented during any interaction with the service, including Chats, Messaging and Moderation processes

**Note:** a service user can present with multiple issues in a period and can therefore sit within multiple issue labels, meaning the percentages will not sum to 100%.

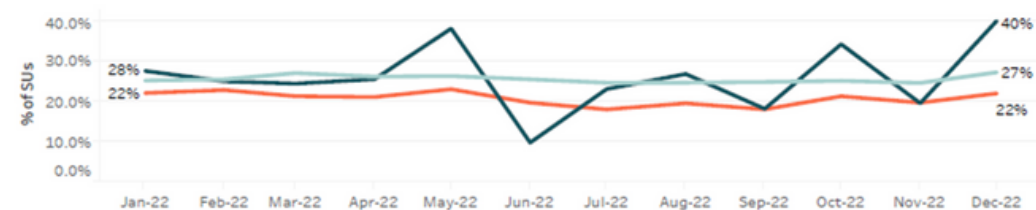


Proportion of users presenting with Anxiety/Stress



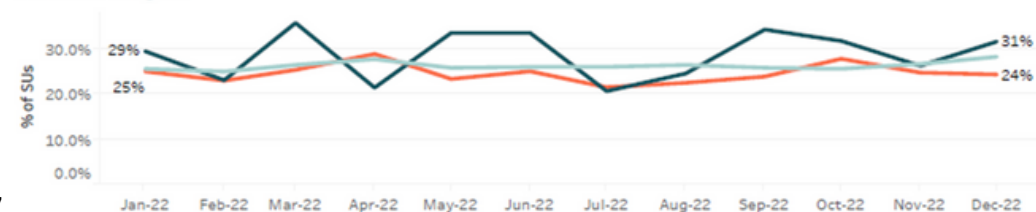
Anxiety and stress over NCL are reported highest in females.

Self Harm



Non-binary individuals report suicidal thoughts as the top concern

Suicidal Thoughts



Check out our website:

[www.barnet.gov.uk/wvc/working-children-barnet/information-schools/resilient-schools-programme](http://www.barnet.gov.uk/wvc/working-children-barnet/information-schools/resilient-schools-programme)

# RESILIENT SCHOOLS



## Positive about Periods Campaign

The Barnet Council's Positive About Periods campaign aims to support children & young people by addressing period stigma and tackling period poverty.

According to research by the charity, Plan International UK, shockingly around half of girls reported they had missed a day of school due to period poverty & stigma.



'Period stigma' is a broad term for discrimination faced by people that menstruate, from physical problems such as lack of access to period products, to the verbal shaming of menstruating people as "dirty" or "unclean". Period stigma creates a sense of shame, embarrassment, or hesitation to talk about periods. Period poverty' refers to having a lack of access to sanitary products due to financial constraints.

### Sign up for the Free Period products scheme!

The [Department for Education](#) funded scheme is available to all UK state schools. Free period products can be ordered from the PHS Group portal. There is a wide range of products available ([view brochure](#)). We encourage you to sign up & order a wide range of products to meet the needs of your students. For more information [click here](#).

### Positive about Periods campaign conference

Barnet Public Health will be holding a Positive About Periods Conference on July 11th, 10.30 am – 2 pm at the Stone X Stadium. The event will be a learning experience for students, so please do bring them along. **For event details & to register, please the link below.**

[Register here!](#)