

RESILIENT SCHOOLS PROGRAMME END OF YEAR REPORT

AUGUST 2023



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RESILIENT SCHOOLS



Introduction

Mental ill health amongst the United Kingdoms' children and young people is rising exponentially with 1 in 10 being diagnosed with a mental health issue before 14 years and many of those problems arising in childhood (Kessler et al, 2005). Positive mental health and wellbeing of children and young people is vital due to a strong association with academic success, relationship development and the ability to overcome challenges individuals may face (Mental Health Foundation, 2018). With the levels of anxiety and depression among young people increasing by 70% in the last 25 years (Royal Society for Public Health, 2017), Barnet invested in prevention and early intervention for mild to moderate needs as part of its CAMHS transformation programme. The Barnet Resilient Schools (RS) Programme was developed as part of this priority focus and exists at the 'getting advice' and 'getting help' level of the Thrive model. The Programme has been in operation (pilot to universal) for 5 years.

Schools are well placed to provide preventative and intervention-based work and thus play a key function in the growth of social and emotional development of children. To support mental health & wellness in schools, NICE (the National Institute of Clinical Excellence) recommends a whole-school approach is taken (NICE 2022).

Resilience is seen when people (pupils, parents/carers and staff) have a greater ability to "bounce back" when faced with difficulties and stresses. 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

After a 3-year pilot, the programme is now a universal offer and underpinned by six core components (and their actions) which are evidence-based and champion best practice for building mental health and emotional resilience amongst children & young people (see page 7 for more details). Schools are encouraged to adopt the RS programme core components and are eligible to achieve the Resilient Schools kitemark by doing so.

Check out our website:

www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme

RESILIENT SCHOOLS



Aims & Objectives

Aim:

This report aims to evaluate the Barnet RS programme offer for the academic year 2022-23.

Objectives:

1. Outline the RS programme offer.
2. Present school uptake and engagement with the Resilient Schools programme.
3. Showcase feedback and activities as measures of programme impact.
4. Reflect on the performance and delivery of the Resilient Schools programme over the 2022-23 academic year and acknowledge areas for further development.

RS PROGRAMME UNIVERSAL OFFER

The universal offer includes:

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.

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.

RS NETWORK MEETING

The termly RS network meetings provide 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.



Training Opportunities

MINDFULNESS

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity, kindness, and acceptance (Kabat-Zinn 1996). Mindfulness taster sessions and an 8-week adult course for school staff are currently available as part of the Barnet RS programme support offer.

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.

WISE BEFORE THE EVENT TRAINING (SECONDARY SCHOOLS)

This is a preparedness training for all Secondary Schools which aims to help SLT to feel 'prepared' to respond in the event of a suspected suicide death within their school community. In addition, affirm current good practise and build on existing knowledge and skills. Also, be able to create a suicide prevention plan bespoke for your setting. The training is currently in the pilot phase in two schools (East Barnet Secondary School and Hasmonian High Boys).

SUICIDE PREVENTION TRAINING

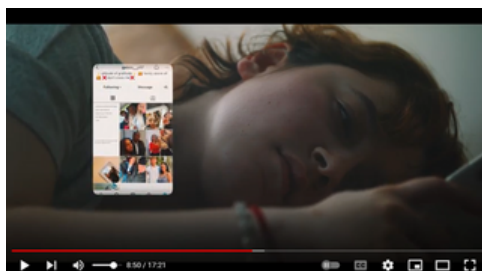
Schools have an opportunity to attend free online Papyrus SP-EAK (Suicide Prevention – Explore, Ask, Keep-Safe) online training. Schools are asked to send two representatives to this training.

RS PROGRAMME UNIVERSAL OFFER

The universal offer includes:

Digital Resilience Campaign

The RS Digital Resilience Campaign aims to support schools to build digital resilience in children & young people. The RS Programme team commissioned local research with young people to understand how the digital world impacted on their lives. Also, a co-produced film to support the campaign objectives was commissioned. From identity to pressure for perfection, popularity, and the desire for likes, *Generation Verified* is a short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives. The film benefits from being used as a 'standalone talking tool' between peers, families, and communities and as a resource with the additional support of lesson plans and additional resources and signposting. The film and campaign resources are accessible via the [Resilient Schools Website](#). The film currently has 774 views (45% increase since July 2022) and 32 likes so far. (78% increase since July 2022)



Signposting & Tailored Support

The Barnet Resilient Schools Programme includes signposting schools to mental-health supporting non-RS programme local and national networking opportunities, training, services/programmes/initiatives and resources. Termly newsletters, focus sheets, meetings and the [RS programme website](#) are used for promotion. Examples include:

- Barnet Integrated Care Services (BICS)
- Healthy Schools London
- Barnet Golden Kilometre
- Daily Mile
- Anna Freud
- Mentally Healthy Schools
- Barnet Early Help 0-19 Service

Throughout the academic year, schools are also able to access 1:1 tailored support to help with building emotional resilience amongst the school community.



RS PROGRAMME UNIVERSAL OFFER

The universal offer includes:

Kooth & Qwell

Promotion of Kooth (for 11–25-year-olds who live in Barnet) and commissioning of Qwell (for Barnet educational staff) are free, safe, anonymous online emotional wellbeing communities that are accessible daily and provide access to chat sessions with BACP-accredited counsellors. Kooth also offers free resources and workshops to schools. The Barnet RS programme supports the commissioning and promotion of the Kooth and Qwell services. **19** schools have signed up and/or attended webinars on Kooth and Qwell. In addition, **22** schools have signed up to receive a recording of the Kooth and Qwell webinars.

The RS Kitemark

In addition to the universal offer, for year 2022-23, the RS kitemark was introduced to allow schools to gain recognition for work to raise awareness about mental health in the school community. To achieve the RS kitemark, schools must complete the RS core components (see below). There are currently two pathways schools can use to achieve the RS kitemark 1) The completion of the RS mapping tool and 2) A school with an in-date bronze award can apply for their HSL silver/gold award and the RS kitemark simultaneously by committing to and completing the RS core components in the HSL silver action plan. A total of **20 schools** (12 primary and 8 secondary) have successfully completed their RS mapping tool or HSL silver/gold application & achieved the RS kitemark. 12 schools utilised the mapping tool and 8 schools used the HSL pathway to achieve the RS kitemark. Having the opportunity to obtain the RS kitemark by fulfilling the RS core components has been anecdotally well received by schools.

The RS core components:

Mapping Tool	• Complete all sections of the mapping tool and submit to Resilient Schools team
Mental Health Awareness	• Have at least one staff trained as a mental health first aider • Deliver mental health awareness to staff, pupils and parents
Kooth & Qwell	• Promote the online counselling service Kooth (11+) to young people • Promote the online counselling service Qwell to staff
Self Harm and Suicide prevention	• Use the RS self harm and Suicide document to ensure a dedicated section on self-harm & suicide exists within your safeguarding or wellbeing policy • Annually promote suicide training that is available to staff and parents • Have at least one staff member attend suicide awareness half day training
Digital Resilience	• Raise awareness of the impact that the digital world has on mental health and support digital resilience
Physical Activity	• Promote physical activity, highlighting the positive impact exercise has on mental health

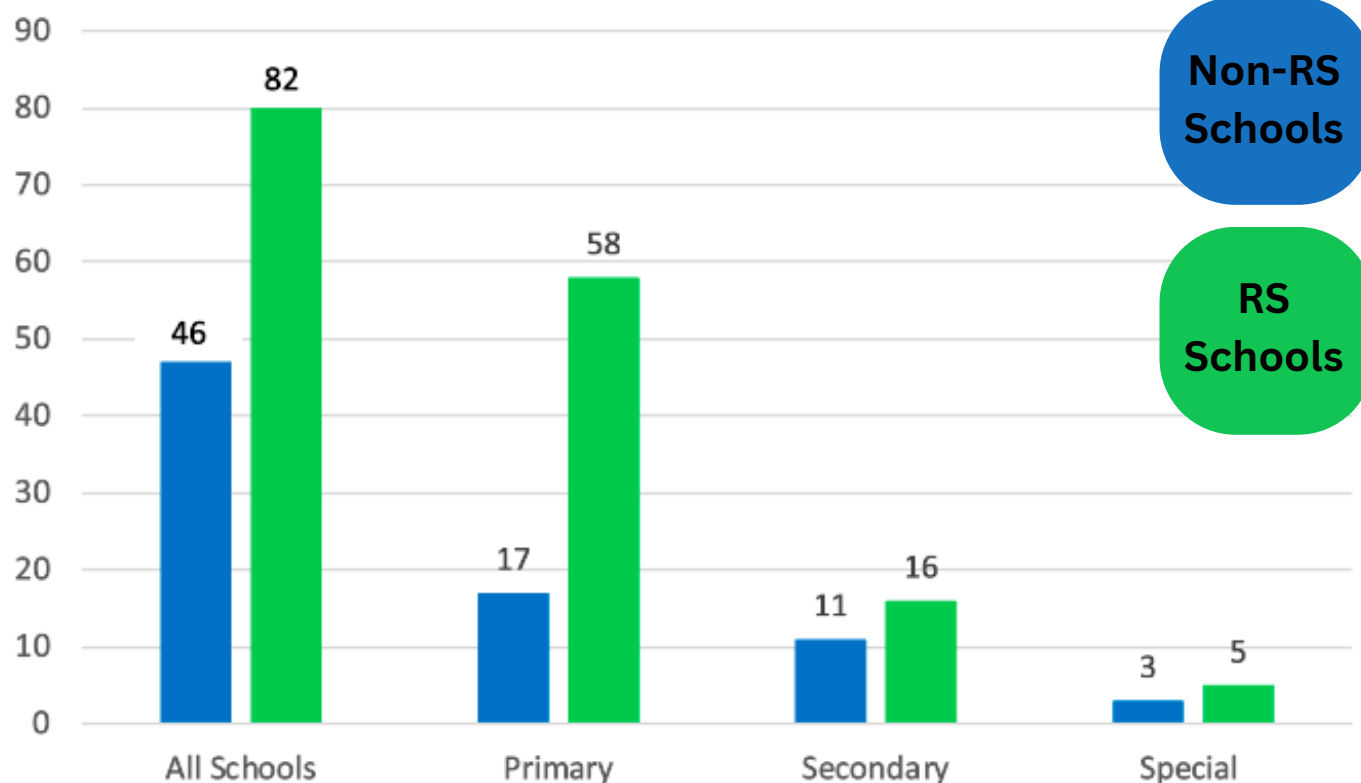
Schools with the RS kitemark:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Child's Hill primary • Brookland Junior • Claremont primary • Colindale primary • Chalgrove primary • St Catherine's primary • Osidge primary | <ul style="list-style-type: none"> • Barnfield primary • Deansbrook junior • Dollis Primary • Beis Yaakov • The Annunciation RC Junior School • Friern Barnet • Finchley Catholic | <ul style="list-style-type: none"> • East Barnet • Mill Hill County • Henrietta Barnet • Mill Hill County International School • Hendon Secondary School • Ashmole Academy |
|---|--|--|

School Uptake

There are currently **82** schools signed up to the Resilient Schools Programme. This is a 2% increase from the last academic year 2021-2022. In total, 63% of all Barnet State Schools have signed up to the RS programme. Therefore the majority of Barnet state schools are signed up to the RS programme. Two independent schools have signed up to the RS programme. The figure below shows a breakdown of schools by school type that have signed up to the RS programme. 59% of RS schools engaged with at least one of the RS programme offers (a decline of 39% from the last academic year 2021-22) .

Number of eligible Barnet schools who have signed up to the Resilient Schools (RS) Programme



Networking Opportunities

School attendance at 5 or more RS events has not increased for this academic year in comparison to the last academic year (2021-22).

Pastoral Forum

The Pastoral Forum is delivered in collaboration with Clinical Consultation with Barnet Integrated Services and the CAF Co Ordinator's from Early Help.

25 Schools have attended pastoral forums so far this year.

3 Pastoral forums have covered themes of:

- Suicide prevention
- Anxiety and anxiety-based school avoidance
- Social media and e-safety in schools

Forward plan: Continue to offer in the same format once a term.

Resilience in Schools Forum

- The **2 most popular workshops** were Enabling Student Voice and Identifying need & monitoring impact of Interventions.
- Overall, the uptake of the RIS forum session has been low.

Forward plan: To tackle low engagement, we will be redesigning this offer to engage more schools.

Barnet Resilient Schools Network

- Two network events took place this academic year.
- 9 schools attended at least one RS network meeting

Forward plan: To tackle low engagement, we will be redesigning this offer to engage more schools.

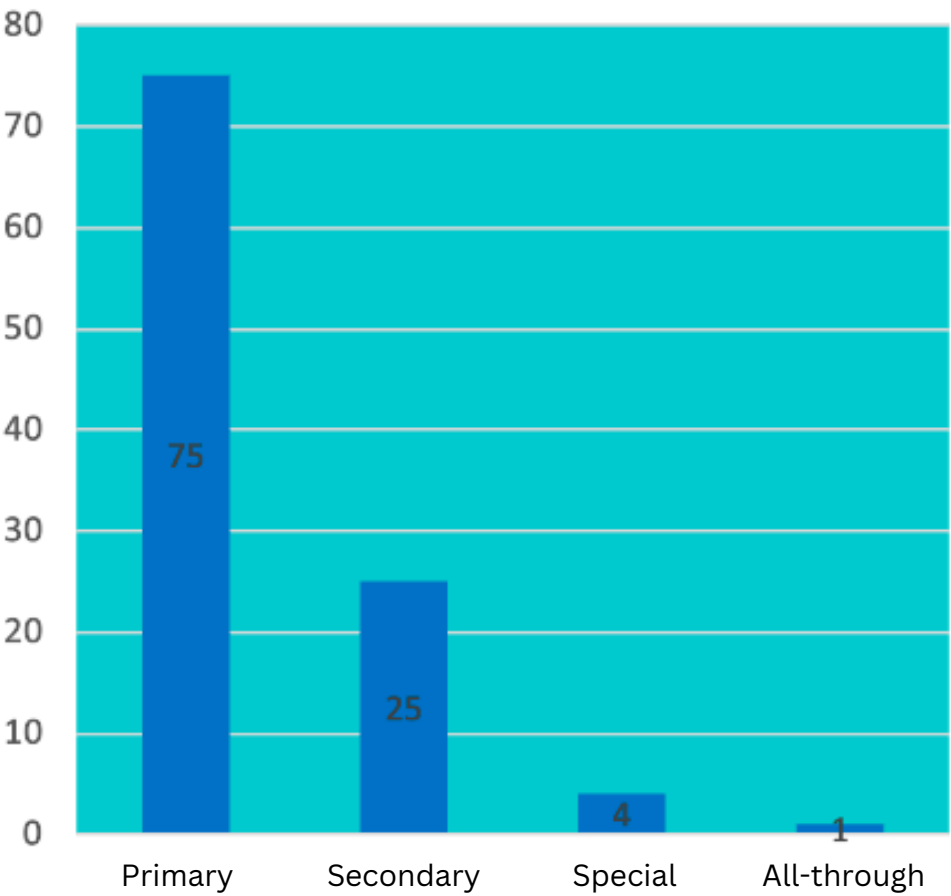
Training Opportunities

Mental Health First Aid

There are currently:

- 225 Trained Mental Health First Aiders
- In 2022/23, 34 Barnet schools obtained a YMHFA
- 107 Barnet schools in total have a trained YMHFA. That is approx. 83% of all schools in Barnet.
- 43 RS schools have more than 1 YMHFA
- 48 young people trained as peer champions

Number of Barnet Schools with a Mental Health First Aider

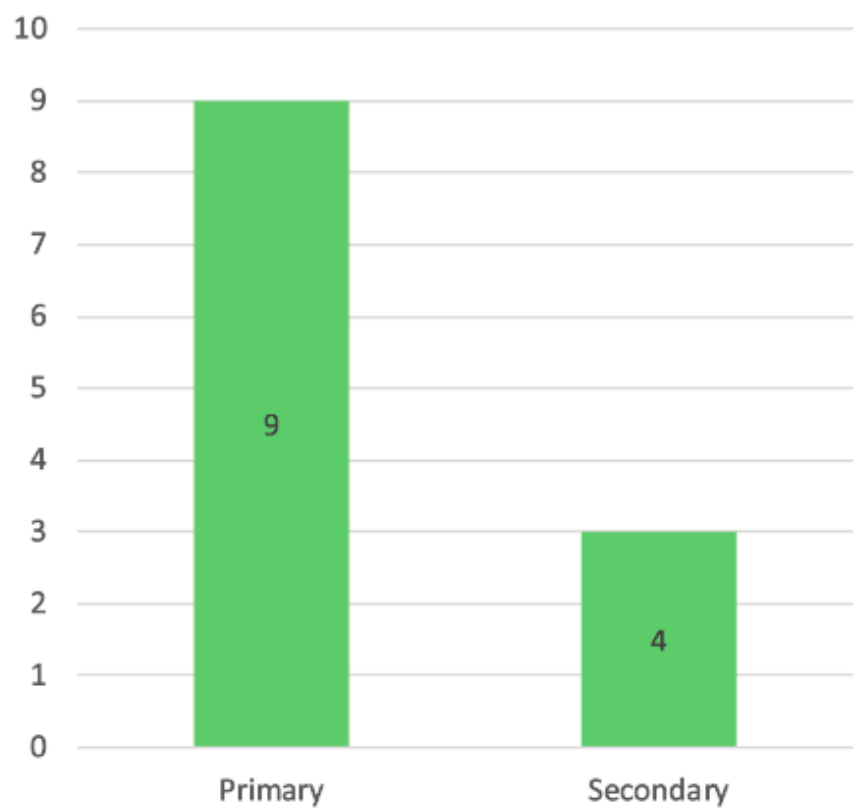


Training Opportunities

Mindfulness

- 13 school staff attended a mindfulness introductory session.
- Overall uptake has been low.

In 2022-23, Barnet School Staff who attended a mindfulness introductory session by school type



Forward plan: The mindfulness offer (based on the feedback from participants who completed the 8-week course) has high participant satisfaction but reach and benefit to the wider school community has been low. The evidence for the usefulness of mindfulness approaches in schools has been mixed and therefore makes it difficult to justify the continuation of the current mindfulness offer in comparison to other Barnet Resilient Schools programme offers with increasing budget pressures. Therefore, the training upon evaluation will be decommissioned.

Training Opportunities

Papyrus Suicide Prevention Training

51 school staff attended Papyrus suicide prevention training provided through the RS programme.

Training Feedback

- 100% of respondents stated the training met their expectations and would recommend to others.
- 100% people stated the content was delivered sensitively and safely.
- 100% people feel better informed about suicide prevention.
- 100% people agree many young suicides can be prevented.
- 98% people feel confident asking a young person if they are having thoughts about suicide.
- 100% people agree the skills learnt are applicable to their personal and professional life.

"[The trainer] was knowledgeable and sensitive whilst also being reassuring and inspiring hope. Thank you. I have some very specific things I will do as a result: I've already spoken to our Head about the suicide policy and safety plan and I will create a lesson for our Y10 based on a lot of the material from the session. Thanks."

"Very Informative and very helpful not only for my work place but for personal issues at home. Thankyou very much!"

"Thank you for delivering great informative and compassionate training. Excellent knowledgeable trainers."

"Super thought provoking, engaging and well presented"

"A really enjoyable, informative and thought-provoking session about a topic that can be very sensitive and emotionally heavy."

Forward plan: Continue to offer training as three times a year. To tackle low engagement, we will be redesigning this offer to engage more schools. schools.

Training Opportunities

WISE Training

Research highlights that preparation is key. The latest evidence shows that one of the key factors in suicide prevention is ensuring schools have a coordinated, informed and evidence-based plan of how they would respond if there was a suicide of a student.

One of the most important aspects of helping schools with preparation is 'Suicide contagion' - a student's knowledge/exposure to a suicide increases the likelihood of them viewing suicide as an option. Young people are particularly susceptible to this and the suicide of a student may start, or contribute to, a suicide cluster within the wider school community (Gould et al, 1990). Young people who have lost a peer to suicide describe feeling guilty at not having recognised the signs of suicide, or having missed the opportunity to intervene (Shilubane et al, 2014). 135 people on average are impacted by each suicide (Cerel et al, 2019).

The training is currently in the pilot phase in two schools (East Barnet Secondary School and Hasmonian High Boys). Across 2 years, the offer will be rolled out to all secondary schools. Extension to a third year and to more settings will be decided after a 2-year review. Pilot progress observed has been promising so far.

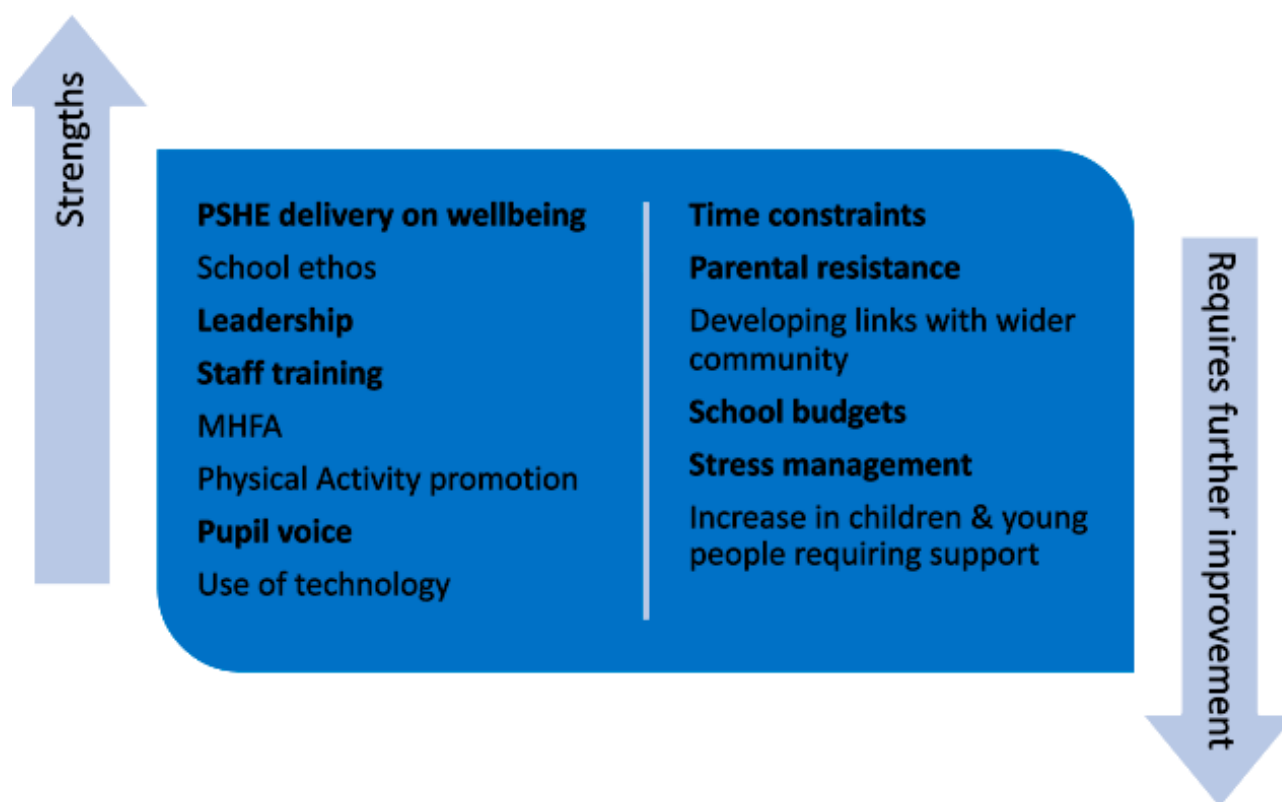
Forward plan: Implement Phase 2 for 2023-24.

Impact Indicator

The following medium has been taken as an indicator of the potential impact that the RS programme has had on school reflection and practices in relation to improving mental health and emotional resilience within the school community.

RS Mapping tool completion

The RS Mapping tool was completed by 8 schools. The completed tools were reviewed for themes and best practice examples. The figure below summarises the themes identified from the analysis.



The themes highlighted in **bold** were consistently strong themes across primary & secondary school mapping tool submissions. Examples of best practice (strengths) include PSHE delivery on wellbeing, leadership on board with supporting emotional resilience. Examples of challenges (requires further improvement), that were strong themes include parental resistance, time constraints and stress management.

Impact Indicator

The following mediums has been taken as an indicators of the potential impact that the RS programme has had on school reflection and practices in relation to improving mental health and emotional resilience within the school community.

Healthy School London Silver/Gold award applications

12 schools used the Resilient Schools programme to help achieve their silver/gold award. They utilized the RS programme support offer and a number of actions based on the RS components to address mental health & emotional resilience in their school. Examples of best practice are summarised below:



Annunciation Junior

- Kooth Online workshop for year 6 to help with the transition to secondary school
- Weekly well-being emails sent to all staff
- Parents signposted to Support e.g. digital books and links to advice and support services on our school website



Chalgrove primary

- The RS Lead attended Mindfulness training provided by the Resilience programme
- Attending termly RS network meetings helped the leadership staff to feel supported and hear good practices from other schools



St Catherine's

- Introduced the Barnet Golden Kilometre
- The RS Lead attended Mindfulness training provided by the Resilience programme
- Ran a Digital Resilience workshop for parents, delivered a by local Prevent Officer for Barnet.

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Reflection and Next Steps

The findings & themes identified from completed RS mapping tools and HSL/RS silver/gold award applications infer that the programme is a useful support to schools who are working on building emotional resilience. Having the opportunity to obtain the RS kitemark by fulfilling the RS core components has been anecdotally well received by schools. The Barnet Resilient Schools Programme has observed high engagement with certain offers such as the MHFA training and Pastoral Forum. Also the Digital Resilience Campaign has gained interest amongst stakeholders and the progress observed within the WISE training pilot has been promising. Most Barnet state schools are signed up to the RS programme. However, low engagement have been observed for other offers such as the mindfulness offer and other RS networking opportunities. Therefore, evaluations are taking place to review delivery methods and ways to increase school engagement.

Next Steps



Continue to align with HSL to offer the kitemark award



Continue and develop partnership working (e.g. steering group).



Commission of Peer Champions*



Commission of on line mental health awareness



Invite west locality private schools onto Resilient Schools Network



Re procurement of counselling service for education staff

* The Peer Champion scheme has been commissioned and is due to commence this academic year 2023-24.