

RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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Message from the team:

Happy New Year! Check out the following chances to have your say: 1) MHFA aiders CPD survey
2) CYP Physical Activity Survey



RESILIENT SCHOOLS



Introduction

About the Resilient Schools (RS) programme

The Barnet RS Programme is a universal offer that 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](#)

Schools can choose to engage with the RS Programme at any level on the three-tiered universal offer:



RESILIENT SCHOOLS



Introduction

Join the RS Network

When schools sign up to the programme, they are added to the RS Network, whereby they receive useful updates, newsletters and information about training, resources and services. If you would like to be a Resilient School and join the network, please email Jayne Abbott, Resilient Schools Programme Manager jayne.abbott@barnet.gov.uk.

Complete the WSA Audit Tool

This audit tool, recommended by [Anna Freud](#), aims to help schools and colleges work towards developing a Whole School or College Approach to mental health and wellbeing. The tool generates a jargon-free and accessible report, as a good starting point to consider what is needed to implement and fully embed each principle allowing you to create an action plan for your school. Our unified approach with BICs means that we are both using the same tool. Complete the [Whole School Approach Audit Tool](#) and send a copy of the pdf report to the Resilient Schools Team.

Watch the 'How To' [Whole School Approach Audit Tool Tutorial](#)

Achieving the Resilient Schools (RS) kitemark



A huge congratulations to every school who has achieved their RS Kitemark so far!

To obtain the RS Kitemark, schools must complete the RS programme core component actions. Schools can use the [Resilient Schools Progress Tracker](#) to evidence the completion of the RS core component actions. Alternatively, if a school has an in-date Healthy Schools London (HSL) bronze award and wishes to focus on mental health, you can use HSL to both your RS Kitemark and HSL Silver/Gold award. The whole school approach (WSA) audit tool (unless you are using the HSL pathway to achieve the RS kitemark), is one of the RS core-components and must be completed. Schools will need to submit a pdf copy of their WSA audit tool results along with their completed progress tracker to:

Primary schools-[Michelle Leon](#)

Secondary schools- [Natasha Joseph](#)

Please contact [Tania Barney](#) if you would like to use Resilient Schools for your HSL silver/gold award.

Submissions for the kitemark will need to be made before **May 2025**.

Watch the 'How To' [RS Progress Tracker Tutorial](#)

Networking Opportunities



TEAM AROUND THE SCHOOL: COMMUNITY OF PRACTICE MEETINGS

Team Around the School' is a collaborative offer between Resilient Schools, BICS and Early Help. It is our vision that services will work together to support schools and raise awareness of the services that can accessed. We are delighted to be able to invite you to our next meeting where you will have the opportunity to provide information on your service, network with others. Please kindly forward to your contacts that you feel would benefit from attending.

Date: Thursday, 23rd January, 9am-1pm

Venue: Canada Villa Young People's Centre, Pursley Road, Mill Hill, NW7 2BU. Please note this is a face-to-face only meeting. There is parking on site and surrounding roads.

We look forward to seeing you,

Debra Davies Asst Head of Service, Early Help

Sarah Konn Clinical Manager, Mental Health Support Team

Jayne Abbott Resilient Schools Programme Manager

[Get in touch](#)



CONFERENCES & EVENTS

We will let you know via email or newsletter of mental-health related conferences and events that would be beneficial to attend for learning and networking.

Future Dates:

[Anna Freud Webinars](#)

[Partnership for Young London](#)

Sugar Smart Barnet Webinar



According to the Food Standards Agency, children are consuming three times the maximum daily amount of sugar they should for their age. The consequences of high sugar consumption for children include tooth decay & excess weight, but can also negatively impacts on mental health.

Signing up for the Sugar Smart Barnet campaign is one way that children & families can be supported to reduce their sugar intake. During Nutrition and Hydration Week 2025, the Start & Grow Well Public Health team will be hosting Sugar Smart Barnet webinar for schools & early year's settings.

Date: Wednesday 19 March

Time: 10.30- 11.30 am

Booking Link (& for more details): [Eventbrite](#)

To sign up for the campaign, please visit the Sugar Smart Barnet website.

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. Upcoming training dates:

- Wednesday, 22nd Jan 2025 (Online: 9.30am-1pm) - [sign up](#)
- Wednesday, 19th March 2025 (In Person: 12.30-4pm) - [sign up](#)

Please [email us](#) if you have any questions. Free training is also available through the [zero-suicide alliance charity](#), and we encourage this to be shared with Parents/Carers.

[Book your place](#)



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 recognized 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 last training opportunity for this academic year is Tuesday 4th & Tuesday 11th February 2025 Location, TBC. To find out more and book a member of staff from your school please contact kevin@bdld.org.uk.



OTHER TRAINING

Training:

- [A Whole School Approach to Emotional Health & Wellbeing](#)
- [Unconscious Bias training](#) (online)
- [MECC \(Making Every Contact Count\)](#)-Access online training & factsheets to support health & wellness conversations.
- Brook (a sexual health charity commissioned by Barnet Public Health), have a range of new, FREE, professionals trainings:
 - Masculinity and Misogyny
 - Healthy Relationships, Consent and Pleasure
 - Sexual Health in the Community

Book your place on [Eventbrite!](#)

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 kite mark.

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.

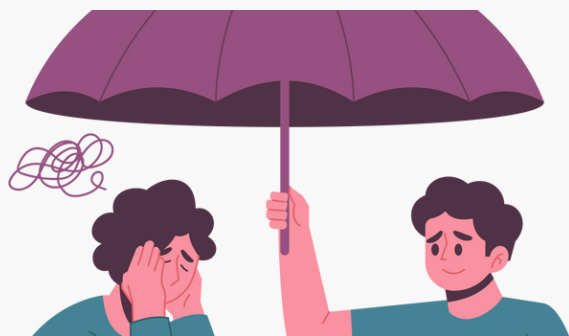
Please use our [newly updated version of the template](#) that includes the Lets-talk-toolkit and the Let's talk: Self injury poster.



WSA AUDIT TOOL

The Whole School Approach (WSA) audit tool is an online interactive tool that provides a series of questions relating to each of the Department for Education's 8 Principles of the whole school approach and asks the user to score their school's progress on a scale from 'not in place' to 'fully embedded'. Completion of the WSA audit 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 [Inclusion and Advisory team](#) are on hand to provide bespoke Resilience in Schools Audit Consultations to help you interpret your results and create an action plan.

[Audit tool](#)



PHSE RESOURCES

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

[Generation Verified](#)

As part of the RS Digital Resilience Campaign, local young people developed a short film to highlight the negative impact that the digital world can have on young people's mental health and wellbeing. Youth co-produced resource packs have also been created and signpost to support.

[YGAM](#)

YGAM is a charity that provides evidence-based training and resources to prevent youth gaming and gambling.



OTHER RESOURCES

[Nip in the bud](#)-Nip in the Bud produces evidence based free online short films and fact sheets to support children's mental health & wellbeing.

[You Me We Therapy the Podcast](#)- A free podcast that talks about emotions and how we can consider looking at emotions differently to help ourselves and build on compassion for others.

[All About Periods School Toolkit](#)- The toolkit covers topics such as period poverty and stigma that negatively impact on mental well-being.

[More resources](#)

Check out our website:

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

Tailored Setting Support

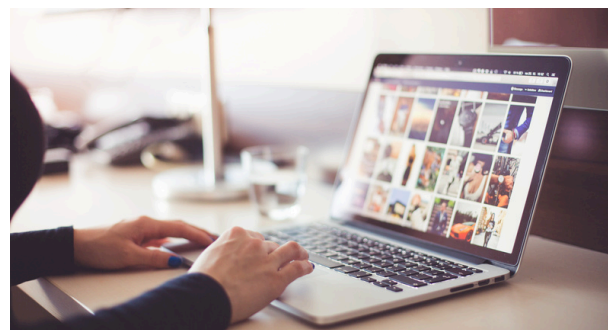
FREQUENTLY ASKED QUESTIONS

1. Is there a document that summarises how the RS programme works and the core components? *Yes. Please take a look at the [RS welcome letter](#) for details.*
2. Who can support me with developing the mental health and wellbeing curriculum at my school? *The Health Education Partnership who are commissioned to co-ordinate the Healthy Schools London programme for Barnet, are able to provide you support with building your school curriculum to support mental health and wellbeing. If you are interested, please contact [Andrew Pembroke](#). For more information, visit [Barnet PSHE](#).*



EMAIL

We are always happy to take questions and queries. Please contact a member of the Resilient Schools Team: [Jayne Abbott](#) (Resilient Schools Programme Manager), [Michelle Leon](#) (Health Improvement Officer) and [Natasha Joseph](#) (Health Improvement Officer).



THE RS PROGRAMME WEBSITE

Our website aims to provide a one-stop shop for information, training opportunities and resources. Also, there is information on free services available.

[Website](#)



RIS AUDIT CONSULTATIONS

The Inclusion and Advisory team are on hand to provide bespoke Resilience in Schools (RIS) Audit Consultations to help you embed a whole school approach. They can help with:

- Interpreting your schools' Whole School Approach Audit Tool results
- Creating an action plan after you have filled in the Whole School Approach Audit Tool
- Correctly filling in the RS Progress Tracker to obtain the RS Kitemark

[Book a 1:1](#)

Check out our website:

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

RESILIENT SCHOOLS



Peer Champion Scheme

The Peer Champion Scheme is part of the Resilient Schools Programme local offer and is available to all **Barnet State Secondary Schools**.

The service will provide young people in Barnet schools with an opportunity to promote good mental health and reduce stigma. The offer includes mental health awareness training and a half day co-production workshop.

The implementation of the Peer Champion Scheme will be unique for each school as trained young people will decide on the delivery of the service for their school.

Take a look at the [Peer Champion Scheme Video](#).

Some of our trained schools amongst other actions have delivered assemblies, supported transitioning and created resources to raise mental health awareness.

The offer is being delivered by the provider BDL D who are experienced in providing mental health training and support services.



For more information, please get in touch below.

[Register your interest](#)

RESILIENT SCHOOLS



Mental Health First Aider CPD Survey

Dear Mental Health First Aiders,

We've created a short survey to understand your experiences and professional development needs. This is an opportunity to share what would help you continue to enhance your YMHFA skills, so we can shape resources and support that can make a difference.

Why Your Feedback Matters - Your insights will shape our upcoming CPD programmes, helping us to provide a service that strengthens your skills, builds confidence, and supports you in having a greater impact.

Ready to share your thoughts? The survey only takes around five minutes.

What is in it for You?

1. Tailored support – Influence CPD content to address the challenges you encounter
2. Professional growth - Shape resources and access content that reflect your real-world needs and experiences
3. Early updates - Be the first to hear about new opportunities.

If you have any further questions, please get in touch. Additionally, if you have any colleagues yet to receive YMHFA training and think they could benefit, please contact Kevin (kevin@bdld.org.uk) as we have a few spaces for the last cohort of this academic year.

[Take the Survey](#)

RESILIENT SCHOOLS



Children & Young People's Physical Activity Survey

Have your say!

In Barnet, we want children, young people and their families to be supported to live healthy and active lifestyles. This survey will be asking questions about the barriers and motivators to physical activity for children and young people. The findings will be collated and used for Children and Young People's Physical Activity Needs Assessment being undertaken by the Barnet Start and Grow Well Public Health Team.

The survey will be open till the **end of January 2025** and takes approximately 5-10 minutes to complete.

We are asking for the following individuals to complete this survey:

- parents/carers with a child between 2 (toddler) to 16 years of age
- young people aged between 12-16 years
- professionals who work with children and families

[Take the survey.](#)



Check out our website:

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