

RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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Message from the team:

Happy National Walking Month! Check out the [Barnet Walking Guide](#). By incorporating walking into your routine, you can experience mental health benefits and improve your overall well-being.



Check out our website:

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

RESILIENT SCHOOLS



Introduction

About the Resilient Schools (RS) programme

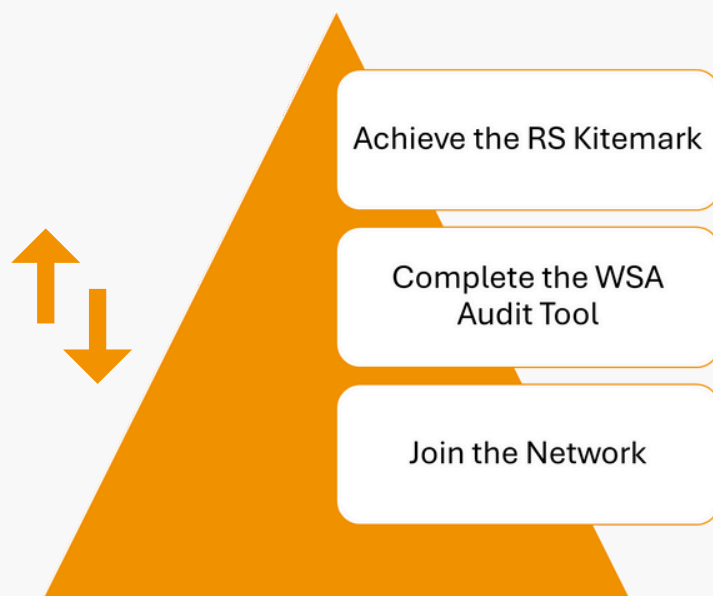
The Barnet RS Programme is a universal offer that takes a whole-school approach to promote and build resilience in schools and address mental health concerns early on.

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 the **end of 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, 5th June, 9am-12.30pm

Venue: The Orion Primary School, 21 Grahame Park Way, London NW7 2AL. 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.

The Sugar Smart Barnet Competition!



National Smile Month between 12th May & 12th June 2025, is a time used to promote key oral health messages, which includes cutting down on how much and how often sugary food and drinks are consumed. The early year's setting and school that completes the most Sugar Smart actions during National Smile Month, will be announced a WINNER & will win a bundle of prizes!

How do early years settings/schools enter?

If you have already signed up for the Sugar Smart campaign, all you need to do is complete the [Sugar Smart Barnet form](#), select Sugar Smart actions and record activity like you normally would. More details about the competition can be found here: [Sugar Smart Barnet Flyer](#). Not already a Sugar Smart Barnet setting? Sign up [here](#).

Barnet's Healthy Schools London Celebration Event 2025! Wednesday 2nd July 2025, 1.30 to 3.30pm.



This FREE event will be an opportunity to celebrate and learn more about the work that schools and early years settings in Barnet have implemented as part of the Healthy Schools London and Healthy Early Years London programmes.

Venue: Hendon Town Hall, The Burroughs, Hendon, London. NW4 4BG.

[Register for the event](#)

Check out our website:

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

Training Opportunities



SUICIDE PREVENTION TRAINING

The free Papyrus SP-EAK (Suicide Prevention – Explore, Ask, Keep-Safe) online training opportunities for this academic year has now ended.

Please email us if you have any questions or would like to be added onto a waiting list. Free training is also available through the zero-suicide alliance charity, and we encourage this to be shared with Parents/Carers.

[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 training opportunities for this academic year has now ended. To find out more and add a member of staff from your school onto a waiting list, please contact kevin@bdld.org.uk.



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](#)



OTHER TRAINING

Training:

- 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!
- Anna Freud Webinars
- Partnership for Young London

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.

[Jen Up Podcast](#)- A free podcast that talks provides education on eating disorders.

[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:

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Tailored Setting Support

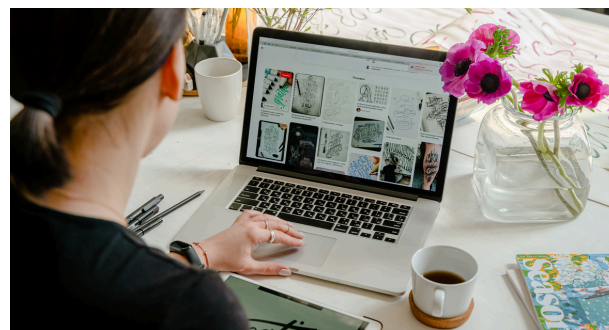
FREQUENTLY ASKED QUESTIONS

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:

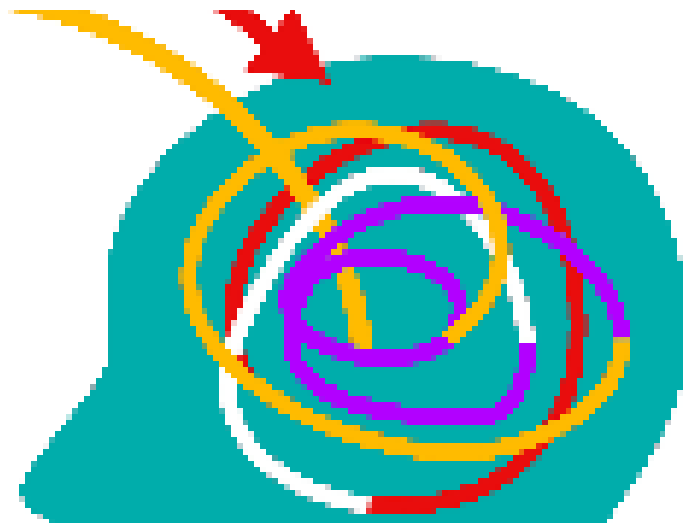
- Interpreting your schools' Whole School Approach Audit Tool results
- Creating an action plan after you have filled in the Whole School Approach Audit Tool
- Correctly filling in the RS Progress Tracker to obtain the RS Kitemark

[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



Gro Health

Young people aged 12-19 (or up to 25 with SEND) living in Barnet, could be eligible for access to Gro Health, the healthy lifestyle programme designed just for young people living in Barnet!

The London Borough of Barnet and Gro Health have partnered to provide new weight management and healthy lifestyle support for young people in Barnet. Gro Health is a holistic programme that includes support around nutrition, physical activity, mental and emotional health, and sleep to help young people improve their overall health and wellbeing.

Gro Health provides tailored age-appropriate health education, supporting resources and behaviour-change activities that the whole family can get involved with.

What's included in Gro?

- Healthy eating education all supported with additional downloadable resources, factsheets & 2000+ recipes.
- Getting active- fun on-demand exercise videos & education topics.
- Improving mental health- Education around friendships and relationships, managing emotional & mental stress, stopping smoking, self-esteem & exam prep helps young people prepare for and navigate challenges.
- Better sleep- Music to sleep to and sleep education.

[Referral Form](#)

Check out our website:

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RESILIENT SCHOOLS



The School Food Information Pack

New School Food Resource Available!

Barnet Public Health are pleased to introduce the **School Food Information Pack**. This is an engaging resource to support schools to provide high-quality food provision and build a food environment in line with the school food standards and best practice recommendations.

By prioritising nutritious school food, schools can support students' mental health and well-being. A balanced diet rich in essential nutrients supports brain health and mental wellbeing. Consuming whole nutrient-dense foods can improve mood, cognitive function and overall mental health.

The pack contains lots of resources and guidance materials such as:

- A non-lunchtime/wraparound care school food provision guide
- Digital and printable school meal promotion materials
- A School Food Environment Guide
- And much more.....

[Download the Pack](#)

