

# RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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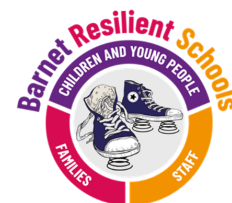
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### Message from the team:

“ We would like to take this time to acknowledge all the hard work that has been taken place in schools to build mental health resilience. ”

# RESILIENT SCHOOLS



## Introduction

The Resilient Schools 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](#)

## Evaluation and audit tool

We just want to say a **big thank you** to everyone who sent in their completed [school's audit tool](#) and/or took part in the Resilient Schools (RS) Programme evaluation! We are in the process of reviewing the results and getting a snapshot of the state of resilience across parents, children and staff in schools on the RS programme. We look forward to being able to share the results with you soon.

THANK  
YOU

# Networking Opportunities

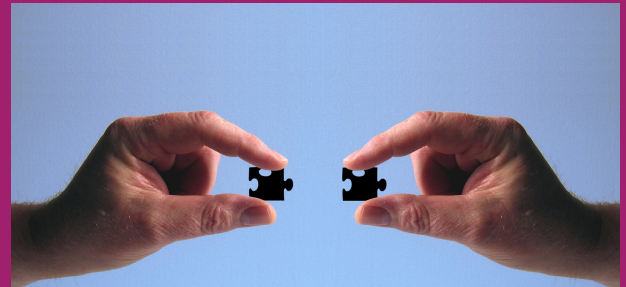


## RESILIENCE IN SCHOOLS FORUM

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 Tuesday the 25th January, 1.30-3pm. The topic is Curriculum teaching and learning 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. 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

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

The next forum session is Thursday the 20th January, 9.30-10.30am. It will be a Case Consultation.

[Request an invite](#)



## 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:

TA Conference, 28th April @9.30-3pm

[Find out More](#)



# Training Opportunities



## MINDFULNESS

We are again able to offer two courses on Mindfulness, delivered by Rosie Robeiro from our Inclusion Advisory Team.

The mindfulness 1-hour introductory sessions have now passed.

If you have attended a mindfulness introductory session, you are eligible to attend the 8-week mindfulness course taking place during the spring term. Dates are the following (Thursday, 4.30-5.30pm): 3rd March, 10th March, 17th March, 24th March, 31st March, 21st April, 28th April & the 5th May.

[Book your place](#)

# mhfa

## mental health first aid

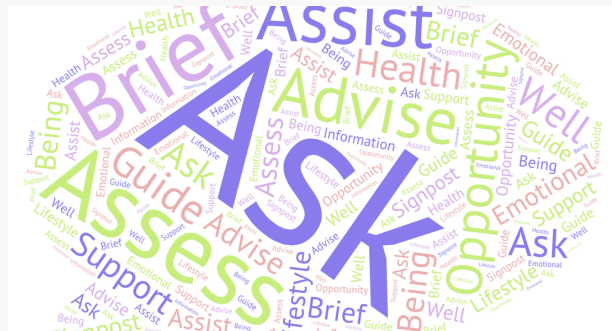
### YOUTH MENTAL HEALTH FIRST AID

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. Please note, that schools that are most in need will be given priority for e.g. do not have at least 1 Youth MHFA.

The training is delivered face to face over 2 days. The dates are as follows:

19th & 26th January, 9.30-4.30pm, Northside Primary  
18th & 25th May, 9.30-4.30pm, Venue: TBA

[Book your place](#)



## MAKING EVERY CONTACT COUNT

Making Every Contact Count (MECC) is about how to make the most of each opportunity to help people improve their health and wellbeing.

Barnet public health have created MECC online training & factsheets to support opportunities during everyday conversation to talk about health & well-being, such as mental health.

[Access here](#)



## OTHER TRAINING

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

Training:

- Unconscious Bias training: In this course, you'll deepen your understanding of unconscious bias and numerous actions you can take to help counter bias in your own work environment.
- Embedding Emotion Coaching (IAT)- 23.03.22, 9.30am-1pm
- BPSI Annual Training & CPD

[Find out More](#)



# 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.

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.



## AUDIT TOOL

The audit tool is a way of reflecting upon what your school does on the 'whole school approach to mental health and resilience'. It's your starting point to consider each principle of the approach and whether there are opportunities for further work to be done. The tool is 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 audit. You can use bullet points or detailed descriptions. Please return your completed form to [michelle.leon@barnet.gov.uk](mailto:michelle.leon@barnet.gov.uk).

[Audit tool](#)



## PHSE RESOURCES

To support children's mental health and well-being in school, new PHSE resources have recently been developed.

### Time to level up

Brent council have produced a a short film which is shot from the lens of children & young people and touches upon a number of themes including mental wellbeing, identity and the power of healthy relationships.

### Better Health: Every Mind Matters

Ready-to-use content has been created for PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, The materials have been co-created with teachers, and young people.



## OTHER RESOURCES

'Your Mind plan'- The Better Health, every mind matters campaign recommends school staff to use the 'Your Mind Plan' to support their mental health.

Urgent Mental health crisis lines- Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults.

Reading Well- is a programme that provides a directory of books for children & young people to understand and manage their mental health and wellbeing using helpful reading. Books can be borrowed from the local library.

[More resources](#)

# Tailored Setting Support



## FREQUENTLY ASKED QUESTIONS

1. As a 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 there are other commitments and priorities that need to be attended to. However, we believe that regular engagement will help to support and build resilience in your school setting.*
2. Why are some events sent as a Microsoft teams meeting, but are in fact on zoom? *This is because some of the sessions are provided by professionals that offer a service to the RS programme who prefer to use zoom, but are not themselves part of RS. Sending out a teams invite allows us to monitor uptake.*
3. What is the audit tool for? *The audit tool is a way of reflecting upon what your school does on 'whole school approach to mental health and resilience'. It's your starting point to consider each principle of the approach and whether there are opportunities for further work to be done. Once completed please return to this [email](#).*



## EMAIL & WEBSITE

We are always happy to take questions and queries. Please contact [Jayne Abbot](#) (Resilient Schools Programme Manager) or [Michelle Leon](#) (Health Improvement Officer)

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

[Website](#)



## RS DROP-IN SESSIONS

We offer six RS support meetings throughout the year which are drop-in sessions for you to ask any questions that you may have about the programme. [Please RSVP the meeting invites that have been sent out for all the sessions.](#)

We look forward to seeing you and remember, no question is a silly question.



## 1:1 MEETINGS

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 audit tool and receive direct guidance and support on next steps. Click on the link below to book yourself in.

[Book a 1:1](#)

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



Wessex Gardens Primary School completing the Golden Kilometre

## Physical Activity

As part of the Barnet Resilient Schools programme, schools are asked to **increase physical activity by 20 minutes a day**. This is largely due to the benefits of physical activity on mental health resilience (1) (2).

**Below are useful resources to support mental health through physical activity:**

**Studio You resource**-This is a free online platform which provides video-based PE lessons targeting for girls aged 13-16.

### **Mental Health and Physical Activity**

**Toolkit**-Produced by the Mind charity, the toolkit aims to equip and improve the knowledge & skills of providers of physical activity

## The Golden Kilometre (GKM)

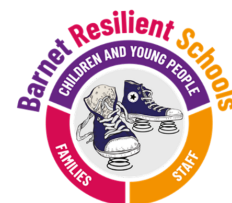
Also, in support of good mental health & well-being the RS programme supports the local Barnet initiative called the 'Golden Kilometre' (previously called the Mayors Golden Kilometre). We would be grateful if you could complete a **10-second survey** that asks about your awareness of this initiative.

[Take the survey](#)

**Academic research** is being conducted on the GKM by Middlesex University as part of a PhD. The study will be looking at how the GKM initiative impacts on pupils, parents and school staff. If you would like to know or even take part, please get in contact with [Shannah Anico](#) (the lead researcher of the project).



# RESILIENT SCHOOLS



## Sugar and mood

High sugar consumption is associated with poor mental health (3). For example, intake of sweet food, beverages and added sugars has been linked with depressive symptoms in several populations (4).

In light of this, we are encouraging schools to take part in the local campaign called 'Sugar Smart Barnet'.



Join the campaign and pledge to be a Sugar Smart setting today!

Upon signing up, your school setting will be given a list of easy to implement **Sugar Smart actions** to get involved in and access to a wealth of resources provided by the national campaign founders Sustain. Examples can be viewed [here](#). Local support is also available through [Healthy Schools London \(HSL\)](#) (and joining the campaign could contribute towards the achievement of a HSL award), [the Children and Young People's Public Health team](#) and other health related projects. For example, the ['sugar & trans fat project'](#) that provides nutrition education on sugar to secondary school-aged pupils & much more.

[Sign up here!](#)