

# RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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### Message from the team:

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



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)

# 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 a **big thank you** to everyone so far who sent in their completed [RS mapping tool](#) or HSL silver/gold application to achieve the RS kitemark.

To obtain the Resilient Schools Kitemark, a school will be required to complete all the relevant actions for each RS programme core component type. The mapping tool (unless you are using the Healthy Schools London pathway to achieve the RS kitemark), is one of the core-components and is also to be used to record the core-component actions you have completed. Within the action tracker (pg. 8) please cross-reference evidence of where you have met a core-component action in the document. Submissions for the kitemark will need to be made before **June 2023**. Awards will be celebrated in **July**.

**Please return the completed form to:**

Primary schools-[Michelle Leon](#)

Secondary schools- [Orla Purdon](#)

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

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 25th January 2023, 1.30-3pm. The topic is Identifying need & monitoring impact of interventions 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 16th of March. *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 Wednesday 18 January 2022, 9.30-12.00am. The session focus will be on anxiety.

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

[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, 27th April

-Healthy Beginnings Roadshow, 7th February @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 details.

[Find out More](#)

# 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.

There is one training session date left for this academic year which is, Wednesday 22/02/23 9.30-1.00pm.

If you are interested in attending, 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.



## 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)



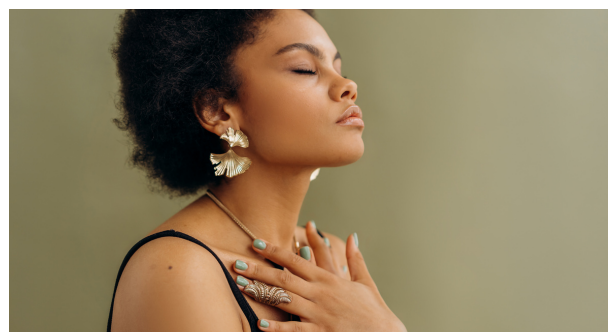
## WISE BEFORE THE EVENT TRAINING

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.



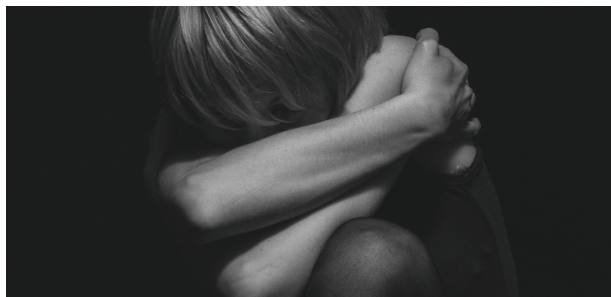
## OTHER TRAINING

Training:

- Unconscious Bias training (online)
- MECC (Making Every Contact Count)-Access online training & factsheets to support health & wellness conversations.
- Mindfulness 8-week course -If you have attended a mindfulness introductory session this academic year and would like a deeper experience, you are eligible to attend the 8-week mindfulness stress based reduction (MBSR) course taking place during the spring term. Dates are the following (Thursdays, 4.00-6.00pm): 23rd February-27th April, 2nd March 9th March 16th March, 23rd March 30th March 20th April & the 27th April. Please contact Michelle Leon [michelle.leon@barnet.gov.uk](mailto:michelle.leon@barnet.gov.uk) to sign up.

[Book your place](#)

# 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 audit. You can use bullet points or detailed descriptions. Information on returning your completed mapping tool is detailed within the document.

[Mapping tool](#)



## PHSE RESOURCES

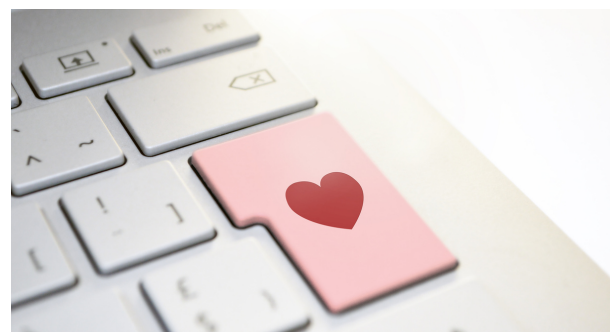
To support children's mental health and well-being in school, we highlight useful PHSE resources.

### [Nip in the bud](#)

**Nip in the Bud** produces evidence based free online short films and fact sheets on Children's Mental Health, Autism, Early Intervention and Emotional Wellbeing.

### [Dove self-esteem project](#)

**Confident Me**, is a set of evidence-based resources for teachers and schools aimed at 11-14-year old's aligned to promote adolescent body confidence.



## OTHER RESOURCES

**Classroom Wellbeing Toolkit**- We recommend this useful Anna Freud toolkit which is designed to help secondary school staff take steps to improve students' mental health and wellbeing through everyday practices. Please also check out the [Winter Wellbeing toolkit](#).

**MindEd**- MindEd is a free elearning resource, funded by Health Education England and includes resources on feeding and eating disorders amongst children & young people.

**Good Nugget**- A not-for-profit organisation offering young people a 12-week free masterclass for different creative industry careers.

[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

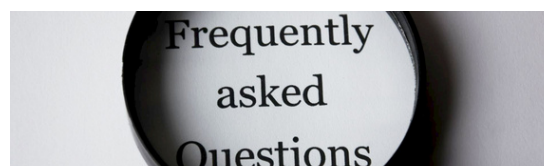
## FREQUENTLY ASKED QUESTIONS

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

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

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](#)

Check out our website:

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# RESILIENT SCHOOLS



## The Cost of living crisis

The cost-of-living crisis is likely to be having significant impacts on people's mental health and emotional well-being, especially on mood, stress and anxiety levels. Therefore, it is more important than ever to look after yourself and others during this difficult time. Also, we know that although the pressure of paying bills is not necessarily on the shoulders of children & young people, there is a negative knock-on effect on their health & wellbeing, especially for those who already live in low-income households e.g. many young people are reporting being anxious about the future (1). There are also concerns around increases in child exploitation, including gangs and county lines as a direct result of the cost-of-living crisis. For more information & on child exploitation, please view [Abianda](#) and [Barnados](#).

Below is a list of useful resources and services to support mental health and wellbeing:

**The Barnet cost of living hub**-All support available to Barnet residents.

**Good thinking**- A guide on cost of living and mental health.

**London hub**- Regional help with cost of living.

**Get Active**- A platform offering free ways to stay active.

**PHS scheme**- To support young girls access free period products in school.

**Ask for Sandy**- Go to any Morrisons and ask for Sandy & you will receive free period products

# RESILIENT SCHOOLS



## Sugar and mood

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 also negatively impacts on mental health. Being physically healthy helps individuals to be emotionally resilient and may explain why an unhealthy diet is associated with poor mental health (3). For example, high intakes of sweet food, beverages and added sugars has been linked with depressive symptoms in several populations (4).



### Sugar Smart webinar

Becoming a Sugar Smart setting is one way that children & families can be supported to reduce their sugar intake. Upon sign up, your school will be encouraged to select Sugar Smart actions and will gain access to a wealth of campaign resources to support your school's efforts.

The Start & Grow Well Public Health team will be hosting a **short Sugar Smart webinar on Monday, 31st January @10- 11 am** for schools & early year's settings.

For event details & to register, please [click here](#).

To sign up to the campaign, please [click here](#).

[Register here!](#)