

RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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Message from the team:

“ Thank you for supporting the Resilient Schools programme and sharing good practice. Your input is truly valued.



Check out our website:

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

RESILIENT SCHOOLS



KEEP GOING

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](#)

Looking after yourselves and others

As well as helping children & young people, it is important that the mental wellness of school staff is not forgotten. Here are some useful resources to support school staff:

- ['Your Mind plan'](#)- complete a 5-question quiz for personalised ideas to improve your mental health.
- [Qwell](#)-offers anonymous online counselling & advice for Barnet school staff. If you prefer speaking on the phone, the national [education support helpline](#) is also available.
- [NHS Five Steps to Mental Wellbeing](#)-If you give them a try, you may feel happier and more positive.
- [Self-help downloads](#)- free resources for school staff produced by a Twinkl & Mind collaboration.

Networking Opportunities

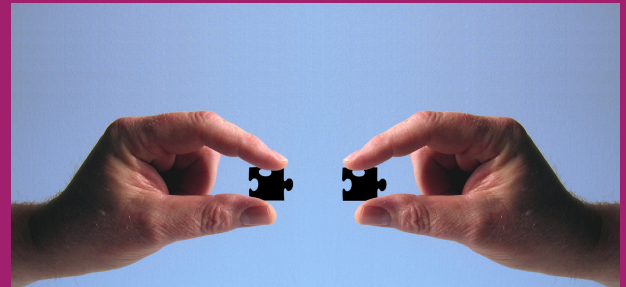


RESILIENCE IN SCHOOLS FORUM

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 22nd February, 1.30-3pm. The topic is 'Identifying need and 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. For example, the local initiative 'Youth Parliament' was showcased, where Barnet children & young people have the opportunity to be a voice for their peers. For more information, please contact Rebecca Morris by emailing u.kyp@barnet.gov.uk.

Additionally, it is also an opportunity to connect with others & share good practice. If you would like to share, we would love to hear from you!

Please RSVP the meeting invites when they are shared.

[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. To attend, please register through Eventbrite. You will be sent the link via the confirmation email.

The next forum session is Thursday the 5th March, 9.30-11.30am. It will involve Networking, Guest speakers & Case Consultation.

[Register here](#)



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

SENCO conference, 21st June @9.30-4pm

[Find out More](#)

Training Opportunities



MINDFULNESS

We were again able to offer Mindfulness sessions delivered by Rosie Rebeiro from our Inclusion Advisory Team.

The mindfulness 1-hour introductory sessions and bookings to attend the 8-week mindfulness course have now passed.

We will let you know when more sessions are available. In the meantime, if you would like to find out more about mindfulness, please click on the link below.

[Find out more](#)

mhfa

mental health first aid

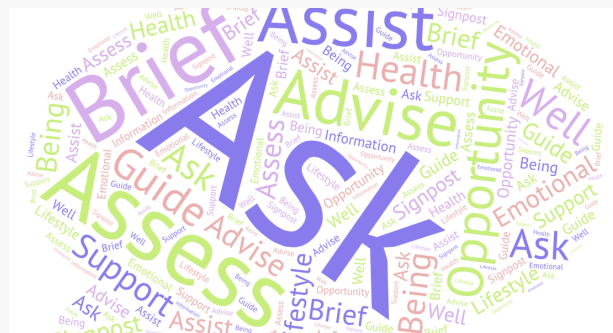
YOUTH MENTAL HEALTH FIRST AID

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.

The training is delivered face to face over 2 days. The following training opportunity below is only for schools who do not currently have a MHFA:

15th & 22nd June, 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
- Papyrus suicide prevention training-dates coming soon!
- 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, which will now be called a mapping 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.

[Audit tool](#)



PHSE RESOURCES

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

[Children's Mental Health Week \(CMH\)](#)

CMH week took place on 7-13 February 2022 and this year's theme was around encouraging children (and adults) to consider how they have grown, and how they can help others to grow. Click above campaign resources & also [Twinkl](#).

[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

[Time to level up](#)- Brent council has produced a short film that touches upon a number of themes including mental wellbeing, identity and the power of healthy relationships.

[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 am I having to register for some events through Eventbrite, when before, we could just accept a Microsoft teams invite? *This is because we are currently piloting how we can improve the way monitor uptake of events by schools.*
3. What is the mapping tool for? *The mapping tool, originally called 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, review successes 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 Abbott](#) (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

These sessions are now cancelled due to low uptake; but don't worry, support is still available through email and 1:1 calls including video calls.

We look forward to hearing from 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 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



Resilient Schools Snapshot Survey

The Resilient Schools (RS) snapshot survey aimed to offer a snapshot of mental health awareness, support, coping strategies and levels of stigma/discrimination in schools participating in the RS programme.

The RS survey was live from the month of October to November 2021. In total, 24 schools took part in the survey.

Thank you to everyone who was able to help with the completion of the survey!

THANK
YOU

Main findings

- Most school staff, parents and pupils reported being resilient, including being digitally resilient. However around 1 in 4 students reported challenges with managing difficult feelings & bouncing back from disappointment.
- The majority of participants responded positively to being non-judgmental and having good knowledge of mental health & how openly mental health is talked about in their schools.
- Overall, respondents were positive about their life and felt happy the day before taking the survey. However, 1 in 10 students responded that they were unhappy or very unhappy in their life.

RESILIENT SCHOOLS



Sugar and mood

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).

In light of this, we are encouraging schools to take part in the local campaign called 'Sugar Smart Barnet'. Click [here](#) to sign up!



The Sugar & Trans Fat project webinar

Delivered by experienced nutritionist Yinka Thomas, the 'Sugar & Trans Fat project' is a local offer available to all secondary schools. The project seeks to empower students to make an informed choice about their sugar and trans-fat consumption.

The project can be used towards achievement of a Healthy Schools London award and also, is an example of local support available for your school to become Sugar Smart, as part of the Sugar Smart Barnet campaign. We are delighted to inform you that a short webinar about the project will be taking place on Friday, 4th March @10-10.45am.

[Register here!](#)