

RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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Message from the team:

“ We would like to thank you Sarah Horton from Whitefield school and Clare Cunningham from Parkfield Primary for taking time out of your busy schedules to speak at the last Health & Wellbeing board.



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

Resilient Schools KiteMark available from September!

As part of our universal offer to all schools, we are now able to provide a way for schools to evidence their achievements and display the Resilient Schools KiteMark in recognition of a whole schools approach to mental health awareness.

To find out more how you can obtain this kiteMark, please attend one of our **30 minute** Resilient Schools overview meetings (six in total) taking place across June and July. **Please register using the link below.**

[Find out more](#)

[Register here](#)

Networking Opportunities

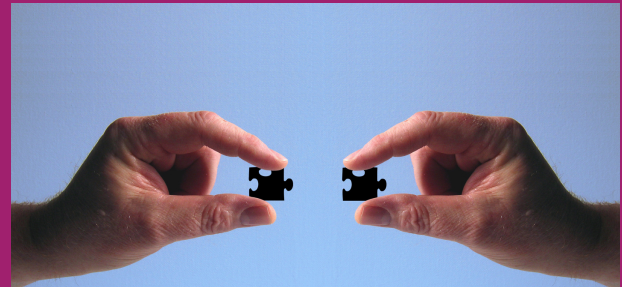


RESILIENCE IN SCHOOLS FORUM

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 17th May 1.30-3pm. The topic is 'Working with Parents/Carers', 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.

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. If you need the meeting invite re-shared, please click 'get in touch below'.

[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.

The next forum session is Thursday the 23rd June, 9.30-11.30am and it will be face to face, venue TBC. It will involve Networking, Guest speakers & Case Consultation.



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:

Digital Resilience Film launch, TBC

SENCO conference, 21st June @9.30-4pm

[Find out More](#)

Training Opportunities



FREE SUICIDE PREVENTION TRAINING

We are pleased to inform you, that there will be an opportunity to attend 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.

See training dates with booking links below:

1. Tuesday 24/05/22 9.30-1pm: <https://www.papyrus-uk.org/training/sp-eak-barnet-schools-2/>
2. Tuesday 07/06/22 9.30am-1pm: <https://www.papyrus-uk.org/training/sp-eak-barnet-schools-3/>



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](#)

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.

For schools without a MHFA, we also have dates in June. If you are interested please email michelle.leon@barnet.gov.uk



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](#) (online)
- [Thrive London, Suicide Prevention training](#) (online)
- [Embedding Emotion Coaching \(IAT\)](#)- 23.03.22, 9.30am-1pm
- [Mindfulness Training](#)- Dates for next academic year, TBC.
- [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.



MAPPING TOOL

The 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 tool. You can use bullet points or detailed descriptions. Please return your completed form to michelle.leon@barnet.gov.uk.

[Mapping tool](#)



PHSE RESOURCES

The Anti-Racism Toolkit

Experiencing racism has significant mental health consequences for young people. That's why anti-racism needs to be considered as part of any school's whole-school approach to mental health. To help schools in this process, the Anna Freud Centre have created an anti-racism toolkit.

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

National Youth Agency Resources

War and conflict impacts people in many different ways and brings up a range of difficult emotions. Particularly for children and young people, it can be challenging to process what is happening and why.

The National Youth Agency have created resources including guides and toolkits to support those who work with young people to navigate conversations regarding the Ukraine Crisis with young people. NYA have also created a space for young people to share support and solidarity for Ukraine by adding Messages of Support.

[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](#).*

- 4 How often will RS focus sheets be produced? *We are aiming for two per academic year.*
5. Where can I access mental-health related teaching materials or resources from the forum sessions?
Visit the Resilience 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 [Michelle Leon](#) (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](#)

RESILIENT SCHOOLS



Talking about emotions

A youth-led mental health survey for a research project called "BeeWell", found that **girls were three times as likely at 22%, to report serious emotional difficulties as boys at 7%**. Researchers of the project also noted that there may be less of a safe space for boys to express difficult emotions.

If children & young people would prefer to remain anonymous when talking about emotions, there are safe platforms available.



Barnet children & young people aged 11-25 can access free mental health support online via Kooth, which offers counselling alongside self-help resources.

#We All Feel It campaign

The NSPCC has launched a new Childline campaign called "We All Feel It", which supports young people, especially males who may be struggling to reach out for mental health support. The campaign encourages males to talk about their emotions and has a range of support available for e.g. 1-2-1 counsellor chats, and message boards to share stories and gain support from other peers.



Support for children with autism

The Ambitious About Autism Youth Network, is offering autistic young people aged 16 to 25 a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel.

RESILIENT SCHOOLS

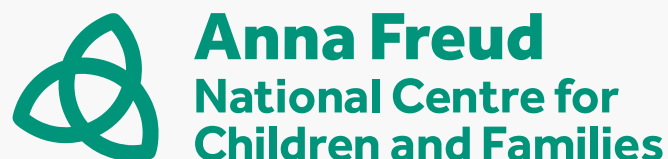


Anna Freud Wellbeing Research Invite

The Anna Freud Centre is looking for mainstream secondary schools to apply for its Education for Wellbeing research programme to implement and evaluate a range of mental health interventions for pupils in years 7, 8 and 9.

Commissioned by the Department for Education, the programme aims to evaluate pioneering ways of supporting pupil mental health and wellbeing.

Spaces are limited and will be allocated to eligible schools on a first come basis.



Potential benefits for participating schools include:

- Opportunity to introduce whole-class mental wellness interventions with support from leading experts in child mental health.
- Chance to receive mental health and wellbeing training for selected school staff.
- £1,000 remuneration in recognition of administrative commitments.
- Evaluation feedback report for your school
- Contributing to the wider evidence base on what works for school-based mental health support.

Visit the Anna Freud Centre site to check eligibility and complete their expression of interest form.

[Find out more](#)