

RESILIENT SCHOOLS PROGRAMME

Resilient Schools Termly Newsletter



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Message from the team:

“ Happy New Year! We are pleased to share with you two new Resilient Schools local offers- Team Around the School and the Peer Champion Scheme.



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 Resilient Schools (RS) kitemark



A **huge congratulations** to every school (currently 22 schools) who has achieved their RS Kitemark so far!

To obtain the RS Kitemark, schools must complete the RS programme core component actions. 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 2024**. Awards will be celebrated in **July**.

Please return the completed form to:

Primary schools-[Michelle Leon](#)

Secondary schools- [Jayne Abbott](#)

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

Networking Opportunities



RESILIENCE IN SCHOOLS FORUM

The Resilience in schools (RIS) forum is open to staff involved in building mental health resilience in their school. The forum is led by the Inclusion Advisory Team, who will be running virtual consultation sessions throughout the year to support schools with embedding the key principles of the 'Whole School Approach' to mental health in their setting and to help schools complete the RS Mapping Tool (which can be used to achieve the RS Kitemark).

The next 30 minute drop-in session slots are on Tuesday 30th January – 9.00am – 11.00am. You will need to book in your slot in advance.

[Book your slot](#)



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:

[Anna Freud Webinars](#)

[Partnership for Young London](#)



NEW: TEAM AROUND THE SCHOOL!

For all Pastoral Leads/ Senior Mental Health Leads/ Head Teacher/Deputy Heads/Assistant Heads and SenCo's...

At Barnet we are striving to support schools by building a "Team Around the School." It is our vision that services will work together to support schools and raise awareness of the services you can access.

We are delighted to have been able to invite you to our first 'Team Around the School' that provided an opportunity to network with others, hear from different services and receive guidance and case consultation from our teams in Barnet. 'Team Around the School' is a collaborative offer between Resilient Schools, BICS and Early Help.

Please note that 'Team Around the School' has replaced both the Resilient Schools (RS) Network Meetings and the RS Pastoral Forum.

[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. The next training session available for this academic year is, Wednesday 28th February 2024 9.30-1pm.

Please [email us](#) if you have any questions. 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.

Resilient Schools has commissioned three sets of Youth Mental Health First Aid training to be delivered in the first spring term. To find out more and book a member of staff from your school 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:

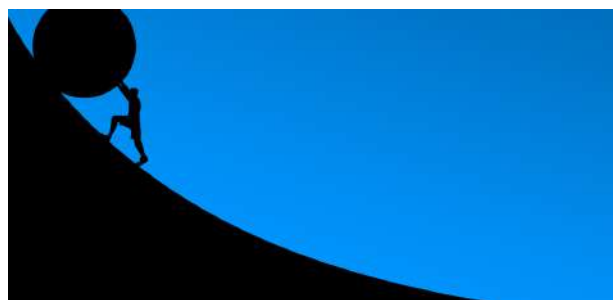
- [Unconscious Bias training](#) (online)
 - [MECC \(Making Every Contact Count\)](#)-Access online training & factsheets to support health & wellness conversations.
 - Brook (a sexual health charity commissioned by Barnet Public Health), have a range of new, FREE, professionals trainings:
 - Masculinity and Misogyny
 - Healthy Relationships, Consent and Pleasure
 - Sexual Health in the Community
- Book your place on [Eventbrite!](#)

[NEW! Peer Champion Scheme](#) - a new part of the Resilient Schools offer to Barnet secondary schools, the scheme offers free mental health first aid training to young people & much more! See more details on [page 7](#).

Check out our website:

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

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.



AUDIT TOOL

The 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 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 audit tool is detailed within the document.

[Audit tool](#)



PHSE RESOURCES

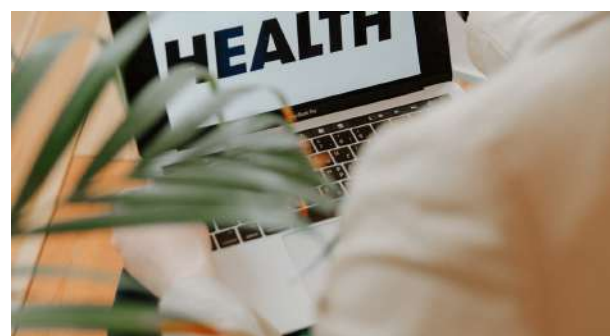
To support children's mental health and well-being in school, we highlight useful PHSE resources.

[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.

[All About Periods School Toolkit](#)

Developed to assist with delivering high-quality period education and a period-friendly school environment in your setting. The toolkit covers topics such as period poverty and stigma that negatively impact on mental well-being.



OTHER RESOURCES

[YGAM](#)- A charity that provides evidence-based training and resources to prevent youth gaming and gambling.

[You Me We Therapy the Podcast](#)- A free podcast that talks about emotions and how we can consider looking at emotions differently to help ourselves and build on compassion for others.

[Good Thinking toolkit](#)- It includes free advice, tips and tools to help your students mental wellness through this challenging time.

[More resources](#)

Check out our website:

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

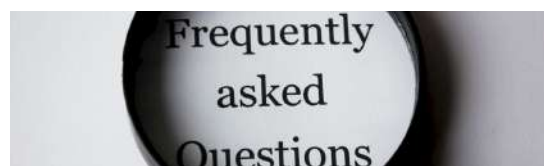
Tailored Setting Support

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 [Michelle Leon](#) (Health Improvement Officer).

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



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.

[Website](#)

[Book a 1:1](#)

Check out our website:

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

RESILIENT SCHOOLS



NEW OFFER: Peer Champion Scheme

The Peer Champion Scheme is the new addition to the Resilient Schools Programme local offer and is available to all **Barnet State Secondary Schools**.

The peer champion service will provide young people in Barnet secondary schools with an additional support network in school to help build good mental health and promote awareness and reduce stigma. The offer includes accredited mental health first aid 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.

For example, some may decide that they would like a mentor service and others may wish to focus on raising 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](#)

Check out our website:

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

RESILIENT SCHOOLS



ALL ABOUT PERIODS

All About Periods Campaign

The Barnet Council's All About Periods campaign aims to support children and young people throughout the Borough by normalising periods through awareness raising and addressing period poverty and stigma.

In 2020, a local survey administered across Barnet secondary schools found that most of the respondents (63.5%) strongly agreed or agreed that talking about periods and period poverty could result in individuals feeling embarrassed.

When the survey was repeated in 2022, it showed that young people felt that there was still a significant amount of stigma relating to periods and asking for products. It was agreed that more needed to be done to support local period education.

In 2023, campaign activities included an All About Periods Conference, Secondary School Period Education Boxes and a poster competition.

In addition to the above, as part of the campaign, we are pleased to share that a useful **School Toolkit** has been developed to assist with delivering high-quality period education and a period-friendly school environment in your setting.

[Download the Toolkit!](#)

Sign up to the PHS Scheme

The [Department for Education funded scheme](#) is available to all UK state schools and colleges. For more information [click here](#).

Check out our website:

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