

Resilient Schools Programme Overview 2021/22

Barnet Resilient Schools Programme

The Resilient Schools programme provides a framework for schools to assess and improve mental health and wellbeing support to pupils, parent and carers and all staff within the school. Resilience is seen when people (pupils, parents/carers and staff) have a greater ability “bounce back” when faced with difficulties and achieve positive outcomes

Aim: to provide a whole school approach to raising mental health awareness, providing coping strategies and reducing stigma and discrimination and thereby strengthening resilience.

Objectives to:

- Help schools, parents and pupils to recognise their own mental wellbeing needs and be confident to access information to support themselves and others
- De-stigmatise mental health in schools
- Intervene early to prevent escalation of mental health problems
- Involve parents, pupils and schools in tackling issues

To achieve this through:

- Support and training for staff to build skills and capacity in own resilience
- Support networks that enable pupils to develop social relationships
- Teaching and learning that develops resilient learners
- A curriculum that develops life skills including social and emotional skills
- Specific help for vulnerable pupils
- Effective partnerships with parents
- Clear vision and values that are understood and consistently communicated
- Digital Resilience

Evidence

- 50% mental health illness starts before age of 14
- 1 in 10 children and young people will have experienced mental ill health
- Schools are best positioned to support children and young people
- Long term benefits to positive emotional and mental health Confident Communities’ Brighter Futures DoH 2010
- Thrive evidence base: <https://www.thriveprogramme.org/evidence-based-mean/>
- Mindfulness

Core components of the programme

Youth Mental Health First Aid	To train Mental Health First Aiders for all participating schools. Teaching in-depth skills for providing first aid to people who may be experiencing mental health issues before seeking professional help.
Anna Freud workshops Primary	Using available downloadable resources to deliver a series of engagement to KS2 KS3 and follow up for years 6 and 7.
Self-harm and suicide policy	To hold a document that is either an existing policy or separate to highlight the schools approach to holistic mental health wellbeing, self-harm and suicide.
Digital Resilience	To empower young people to keep healthy and safe in their digital world and encourage a balanced digital life.
Physical activity	Being physically active is associated with better mental health. Link to Barnet council’s new physical activity policy throughout the life course.
Evaluation	Annual baseline survey and follow up. Reflection tool and action tracking.
Use of LOGO	Actioning all core components enables schools to use the RS Logo in recognition of the school’s approach

Supporting components

Networking	Sharing learning experience and supporting those taking part in the programme through programme wide Networking meetings termly and half termly informal support Hub/cluster meetings. One to one meetings if required.
Individual Support- staff and pupils	Personalised and readily accessible support is critical to a whole school approach and this is provided by two targeted services Qwell for educational staff and Kooth for students offering online confidential support.
MHFA Champions - Peer Mentoring	To engage peer led mental health awareness and support through MHFA one-day training aged 16+ supported by a Peer Mentor Lead and to co-produce a plan of action within the school may include an assembly/ workshop.
Mindfulness	To increase awareness of mindfulness as a useful tool to support mental wellbeing.

Delivery and expectations

Core components	
Youth Mental Health First Aid Training	2 days training offered to schools. Each trained first aider would be expected to ensure that mental health awareness is delivered to: <ul style="list-style-type: none"> • whole staff • Parent workshop- see below • Target year groups (through lesson or assembly) or through using the Anna Freud (Primary)
Anna Freud Workshops	Using the available resources deliver: <ul style="list-style-type: none"> • KS2 assembly to Year 5 and 6 • KS3 assembly to years 7 and 8 • Follow up evaluation for years 6 and 7
Digital workshop and resources	To run a digital resilience workshop across all key stages
Self-harm and suicide policy	This may be an existing policy perhaps linked to safeguarding or a new policy see Template.
Physical activity	An additional 20 minutes daily. Primary schools to support the promotion of regular physical activity at least 3x a week such as Mayors Golden Kilometre, Daily Mile daily shake up etc. In addition to routine physical education and after school clubs. Feedback on learning from increasing physical activity.
Evaluation, audit and use of LOGO	To take part in the annual baseline evaluation survey and follow up. To identify school strengths and challenges and to track what the school is doing and achieving. To use the RS logo once the core components has been actioned.
Supporting components	
Senior Leadership and Inset training for staff	Support awareness of Leadership teams and other staff through information, resources and engagement. Minimum of 1 hour inset on mental health awareness. Senior Leadership to support release of staff to attend meetings and training.
Mindfulness Taster/ awareness workshops	4-hour mindfulness awareness session to enable those attending to: <ul style="list-style-type: none"> • Practice one mindfulness tool for self-development • Deliver mindfulness tool to a year group, class or targeted group in year 6, 7 and 10 • Deliver key points to staff and ensuring resources are available to staff
Mental Health support for staff - Qwell	To promote to all staff the availability of Qwell as an online counselling and emotional wellbeing service providing staff with early intervention support. https://xenzone.com/qwell/
Mental Health support for students- Kooth	To promote to all pupils (12+) and their parents/ carers the availability of Kooth, as an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. https://www.kooth.com/
Networking Locality Hub/ support meetings	Attend termly RS network meetings and/or cluster meetings to update and connect with others
Share learning and experience	Share good practice and identify an area of expertise. Deliver at a RS meeting or cluster or support other schools. Flexible and dependant on capacity.
MHFA Champions (Peer Mentoring)	1-day training for up to 14 students (and 1 member of staff who will become the Peer Mentor Lead). Then in co-production deliver a “plan of action” for the school which may include 1:1 with mentors, delivering class or assembly lessons, promotion of key messages and activities. Visible wall board to promote messages and a targeted approach to Year 7s in class or assembly. Peer mentors are supported throughout.
Mental Health awareness notice board	To promote in a visible way whole school mental health awareness signpost local services and support.