



Barnet Resilient Schools

Welcome to our Autumn Update

Barnet Resilient Schools programme is able to support your school embrace emerging challenges and build on the new ways of working to achieve. This term has seen schools continue to face daunting challenges from working within COVID-19 safety measures to dealing with the difficulties from self isolation and even closure. Our programme is designed to offer skills, tools and resources to help your school manage in these times,

Jayne Abbott -Mental Health and Resilient Schools Manager

Resilient Schools programme is at the heart of managing the ongoing challenge of COVID-19.

Mental health and Wellbeing Training for Barnet schools and colleges

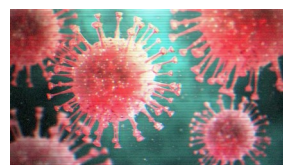
As part of the National Wellbeing for Education Initiative, Barnet Local Authority are offering a **free** place to each school for a nominated lead member of staff who is well-placed to support implementation/cascading of training in their setting.

Phase 1 training provides a focus on **Universal Mental Health and Wellbeing in Schools** to equip education settings to support staff, children and young people's wellbeing, resilience and recovery; using easily understood psycho educational tools in context of Covid-19. Further trainings for nominated staff will include:

Phase 2 :Implementation of Training Wellbeing and Mental Health and Support and Challenge Discussions and Feedback

Phase 3: Focusing on loss and bereavement, anxiety and low mood, stress and trauma.

Resilient Schools are supporting National Wellbeing for Education Initiative



Sign up below for **one of 3 remaining** available Zoom meeting dates

2nd December 2021 9.30 – 12.00 [Click here to book](#)

14th January 2021 9.30 – 12.00 [Click here to book](#)

29th January 2021 9.30 – 12.00 [Click here to book](#)

Alternatively, [please click here and scroll down to Other Training Sessions](#)

Mindfulness

Mindfulness has never been more relevant as a tool for helping manage the return to school and anxieties that come with new challenges.

Mindfulness trains us to direct our attention to whatever is happening in the present moment: our breathing, other physical sensations, thoughts, emotions, or even everyday activities like walking and eating. This awareness means we can respond more skilfully to whatever the present-moment throws at us.

Mindfulness awareness sessions are being delivered as part of the Resilient Schools Programme by the Inclusion Advisory Team schools.

The half day workshop, delivered by Rosie Rebeiro, Inclusion Advisory Team will continue in September as online sessions.

Next date for Virtual mindfulness awareness workshop will be released in the New Year.



For more information :

Sharon.smith@barnet.gov.uk

More free Mindfulness training- .b Foundations 8 week course will take place in 2021

If you have already attended the awareness workshop and want to learn more about mindfulness join our FREE 8 week .b Foundations course

8 weeks twilight sessions from 15:00 to 16:30. Dates will be released for 2021 later this year.

Register your interest:

Contact Sharon.smith@barnet.gov.uk

Digital Resilience

The impact of our digital life has been highlighted during lockdown as it became the main source of connection and information among our young people.

Digital use impacts on health and well-being– the amount of time spent on line is a proxy for level of risk . Excessive time on line impacts on both individuals and others. 2/3rds of young people missed meals or sleep and 2/3rds used

displaced time– time they could have spent with family and friends (2-13/14 Net Children and Go Mobile).

Digital resilience includes working towards a balanced digital diet rather than risk avoidance skills.

COVID—19 has also highlighted issues of digital inclusion. See the Children's Commissioner's views [here](#) on the impacts.

Resilient Schools Digital Resilience Focus Sheet available separately.

[Coronavirus \(COVID-19\): keeping children safe online](#)

Advice and guidance to help parents and carers to keep children safe online during the coronavirus (COVID-19) outbreak.

New information on apps to help children stay safe online [here](#)

Resilience Schools evaluation and audit

The Resilient Schools baseline survey for 20/21 is closing soon,

The tripartite evaluation addressed staff, pupils and their parents in year 5, 6 10 and 11. A full report of the first phase of the survey will be shared early in New Year.

We will be repeating this survey in the Summer 21 as the second phase of the evaluation cycle.

The evaluation is important as it helps us capture the impacts of the programme on mental health and wellbeing , what works and what learning we can take from the action taken!

Audit

In January we will be putting together a progress report and collating what has been achieved so far within the project across all schools.



Using Resilient Schools to achieve Silver and Gold awards for Healthy Schools London

Healthy Schools London is an awards programme which recognises schools' achievements in supporting pupil health and wellbeing. Any school can apply and there are no fees to taking part.

[Healthy Schools London scheme External link](#) enable schools who participate in health-based programmes to improve attainment, increase attendance and improve pupil confidence & concentration as well as improving health and wellbeing.

Free support: Get in touch with [Health Education Partnership](#) who provide

free support to schools to assist them in achieving the Healthy Schools London (HSL) Awards. Contact Tania Baney: tania.baney@healtheducationpartnership.com External link or visit [Healthy Schools London External link](#).

If you already have a **Bronze award**, the Resilient Schools programme can support you to achieve your Silver and Gold award.

If you already have a **Silver or Gold** you can also use your involvement in Resilient Schools to achieve additional awards.

Linking the two initiatives enables you to focus on implementing mental health action and achieving recognition through the Healthy Schools award!

"HSL is not just another award scheme but helps your school achieve recognition and visibility as being involved with Barnet Resilient Schools"

Physical Literacy Research– invite to take part



In partnership with Public Health Barnet, Middlesex University are looking to monitor the impact that participating in the Mayor's Golden KM has on children's health status, physical activity levels and mental well-being.

We are looking for control and intervention Primary schools to participate in a few simple data collection procedures that look at children's physical activity levels, health status and enjoyment of The Golden Kilometre and teacher and parent opinions on the project.

All procedures are approved by the London Sports Institute ethics committee and adhere to new government health and safety guidelines. Partnering with Middlesex University to implement The Golden kilometre project will ensure that your pupils are participating in vital regular physical activity and doing so safely.

Why not take part...

Please contact our research team if you are interested in being part of this project or if you have any further questions:

- Shannah Anco
s.anico@mdx.ac.uk
07521007963
- Dr Laura Wilson
l.wilson@mdx.ac.uk

Daily Mile



Sign up ready for the new term and receive your welcome pack and further information [here](#)

change 4 life

<https://www.nhs.uk/change4life/>

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes



Barnet Partnership for School Sport

BPSS have a core offer to schools including:

- innovative competitions,
- interactive area leagues,
- borough leagues
- personal challenges
- school-based resources

for more information on how BPSS can support your school contact Jo Eames:

j.eames@qegschool.gov.uk



Self Harm and Suicide

We have been in consultation with schools and the Local Authority to develop a policy module to sit in either the existing safe guarding or mental wellbeing policy

The module will act as a guide to all staff – including non-teaching, and governors – outlining the school's approach to self-harm and suicide prevention.

A whole school approach through educating pupils, staff, and parents about the issues surrounding mental

health, the stigma can be reduced; by promoting positive mental health, pupils will develop skills, and resilience techniques to cope with everyday challenges throughout their school years, and beyond into adulthood.

The template policy is now available [here](#) to all schools and can be used to update your own existing health, wellbeing or safeguarding policies.

"If you're currently working on mental health and wellbeing, please get in touch to share good practice; or if you are interested in becoming part of our Resilient Schools Programme then please get in touch with Jayne Abbott at the address provided below:

Jayne.Abbott@barnet.gov.uk

Join colleagues at the next Resilient schools network meeting

Sharing and Networking

The next Network meeting will take place on 27 January 2021 time: 10:00 to 11:30

The programme will be:

- **Baseline evaluation—overview**
- **Physical Activity**
- **Healthy Schools London and achieving recognition through awards**
- **Engaging with Parents**

Is your school new to the Resilient Schools programme?

Resilient Schools support meetings help schools recently joining the programme find out more and to explore how the programme can improve mental health and wellbeing across the whole school. These meetings are informal and will be tailored to the information you need to help you introduce and develop mental health resilience in your school. These will be run virtually initially.

Book your place: Sharon.smith@barnet.gov.uk

Dates are: 4th Dec, 13:00—14:00

8th Dec 15.30-16.30

24 February 21 9:30 to 10:30

Dates for your Diary 2020/21

RS Network meetings—	27 January 21 10:00 to 11:30
	13 May 21 10:00 to 11:30
RS support meetings—	4 th Dec, 13:00—14:00
	8th Dec 15.30-16.30
	24 February 21 9:30 to 10:30
	10 June 21 9:30 to 10:30
Mindfulness awareness -	TBA
Mental Health First Aid	TBA

Why not share your success or challenges following COVID-19 at a future meeting.