



## Essex Child and Family Wellbeing Service

### Healthy Schools and Social, Emotional and Mental Health (SEMH) Strategy Teams' Newsletter

A resource to support schools to become trauma aware and health promoting environments

**Audience:** Essex Schools  
**Author:** Essex Child and Family Wellbeing Service and SEMH Strategy Team, ECC  
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#### Welcome and Introduction

Your ECFWS Healthy Schools and ECC Social, Emotional and Mental Health Strategy Team are working together to deliver a half termly newsletter to support schools in Essex. This is intended to serve as a practical resource to aid schools on both their Trauma Perspective and Healthy Schools journeys. We urge you to share this Newsletter with your whole school community. If you would like to be added to our distribution list, please [contact us](#).

Our collaboration comes from a shared ambition to support Essex schools and settings to prioritise wellbeing and support the social and emotional development of all children and young people. It is important for schools/settings to feel supported consistently by the networks around them, and by working together our collaboration can ensure we deliver the same, consistent messages to make your journey a simpler one.

### Healthy Schools/ SEMH Strategy

#### Latest News

#### Lockdown & School Closures

Sadly, the first Newsletter of 2021 greets you alongside news of school 'closures' associated with the new England Lockdown. We have no doubt you will continue to provide fantastic support to all your school community through virtual and remote learning. However, if you as a school need any support, please ensure you contact your local Healthy Schools Engagement Worker who are on hand to support through these challenging times.

#### Healthy Schools Quality Assurance

December saw the Autumn Quality Assurance Panel meet to review the latest submissions – we were so impressed by the volume and quality of all the submissions – particularly due to all the additional stressors schools and communities have been facing. The success we celebrated were:

- Foundation Award granted to over 90 schools across Essex
- Enhanced Action Plans written and submitted by schools to work towards the Enhanced Award – we have received over 15 in the Autumn Term!
- We have also had over 15 Schools Stories submitted – a tremendous achievement!

Essex child and Family Wellbeing Service would like to congratulate all the schools who have achieved Healthy Schools Foundation and Enhanced Status this term. Well done!

## Healthy Schools Awards 2021

You may be aware of the Healthy Schools awards we host every year to celebrate the success of all Essex schools and to recognize the commitment of the schools who have engaged in the Healthy Schools process at Foundation and/or Enhanced status. If you have joined us at a previous event, hopefully you will have enjoyed a day full of useful information, sharing of good practice and some fun activities for adults and children alike.

As with most things this year, the 2020 awards were cancelled due to Covid. We are currently working on an alternative plan to be able to celebrate school achievements with you, and your Healthy Schools Engagement Workers will be in touch soon to let you know all the relevant details.

## SEMH Picture Competition Results

We were thrilled with the response from children and young people across Essex to our recent competition to draw pictures representing emotional wellbeing that could be used in our new guidance documents. We received 13 creative entries and it was very difficult to choose a winner. Congratulations to Colby (age 6) for drawing the winning picture, which is being used on the front page of our new guidance: Let's Talk... A common language and understanding of emotional wellbeing and mental health. We particularly liked how he incorporated so many emotions into one character, demonstrating that all emotions are normal and within us at all times.



We would like to thank all the children and young people who sent us pictures to include in this document. Some of these pictures have been used throughout the guidance, whilst others may be used in future documents. Here is one of our runners-up, Logan, celebrating their achievement:



Following the success of this competition, please look out for more opportunities to take part in the future.

## Thank you

Thank you to all those teachers who kindly completed our Autumn 2020 Survey Monkey questionnaire. We had an amazing response this term. In total, we received 52 responses from schools we worked with, and supported during this term. All of the responses have been very positive and helpful, and to those who raised some questions and suggestions, these will all be followed up by your Healthy Schools Engagement Worker. Your feedback is very important to us and it helps us shape and improve our service so please whenever possible, complete the survey monkey!

Here are some great comments we received this term:

*"The phone conversation, information and email have been really helpful as I have recently taken on the role of Healthy Schools Coordinator".*

*“Pastoral forum provides vital opportunity for staff to meet and share practice and listen to how things are going in their environments”.*

*“Great training, looking forward to do the enhance pathway next January 2021”.*

## **Key Dates for your diaries**

### **Submission and Quality Assurance Dates:**

Quality Assurance Group - Tuesday 16<sup>th</sup> March

Submission Deadline – Friday 5<sup>th</sup> March

### **Pastoral Forums**

Pastoral Forums provide an opportunity to share experiences, challenges, ideas, evidence and good practice around supporting health and wellbeing outcomes for children and young people.

Virtual Pastoral Forums were held separately for Primary and Secondary Schools last term. These were well attended by a mix of senior leadership and pastoral staff, with schools sharing their experiences and support ideas in this difficult year

Feedback given

*“ it was a vital opportunity for staff to meet and share practice and listen to how things were going in their schools “*

Presentations were given by a variety of our Partners and other agencies who support our families and young people including Community 360, Young Carers, Open Door (children and young person’s advocacy), Next Chapter, Gam Aware and the Good Lad initiative amongst others .

We hope to see some more of you at one of our termly Pastoral Forums:

|  |                   |                |
|--|-------------------|----------------|
| <b>10<sup>th</sup> February 2021</b>       | Secondary Schools | Mid Quadrant   |
| <b>25<sup>th</sup> February 2021 3-5pm</b> | Secondary Schools | North Quadrant |
| <b>24<sup>th</sup> February 2021 3-5pm</b> | Primary Schools   | North Quadrant |
| <b>24<sup>th</sup> February 2021</b>       | Secondary Schools | South Quadrant |
| <b>24<sup>th</sup> February 2021 (am)</b>  | Primary Schools   | West Quadrant  |
| <b>24<sup>th</sup> February 2021 (pm)</b>  | Secondary Schools | West Quadrant  |
| <b>03<sup>rd</sup> March 2021</b>          | Primary Schools   | South Quadrant |
| <b>24<sup>th</sup> March 2021</b>          | Primary Schools   | Mid Quadrant   |

*To reserve a place please contact your local Healthy Schools advisor (details at the bottom of this newsletter)*

### **Training Opportunities:**

#### **Enhanced Action Plan Training – Essex Wide**

26<sup>th</sup> January 2021 3.30pm – 5pm

03<sup>rd</sup> February 2021 3.30pm – 5pm

*Please see attached flyer for more details and how to book*

#### **Let’s Talk Recovery & Returning to Educational Settings (Part 2)**

Please watch our Recovery & Return webinars and share them with all staff in your school/setting to build confidence around themes of emotional wellbeing and Covid-19.

Our six short webinars (15-25 minutes each) are available to watch online and can be accessed via the Infolink in the Mental Health & Wellbeing section: <https://schools.essex.gov.uk/admin/COVID-19/Pages/default.aspx>

Alternatively, you can access each webinar directly, here:

- Bereavement and Other Losses (24 minutes): <https://youtu.be/NBZrrpk-qvc>

- Anxiety and Low Mood (33 minutes): [https://youtu.be/diuc\\_OltFtQ](https://youtu.be/diuc_OltFtQ)
- Psychological First Aid (17 minutes): <https://youtu.be/vkKK99NXmWI>
- Neuroscience of Stress Response (14 minutes): <https://youtu.be/g2XwOozJHAc>
- 5 Rs and One Planning (15 minutes): <https://youtu.be/oAXZPLbTCIc>
- Long Term Whole School Approach (22 minutes): <https://youtu.be/cOTbCpaDr-g>

Once you have watched the webinars, please book onto our live FREE Q&A session with a multi-agency panel, taking place on 11<sup>th</sup> January, 8<sup>th</sup> February and 18<sup>th</sup> March 2021. You can find out more and book by contacting: [workforcedevelopment@essex.gov.uk](mailto:workforcedevelopment@essex.gov.uk)

### Feedback Survey - Let's Talk Recovery & Returning to Educational Settings

We have been working hard to provide schools and settings with guidance, resources and tools to support you through the Covid-19 pandemic. We would like to hear about how you have been using the *Let's Talk Recovery & Returning to Educational Settings (Part 1 & Part 2)* resources, how useful they have been and your thoughts on what is needed next. This will enable us to capture what is needed to meet the emotional wellbeing and mental health needs of staff and pupils in your schools/setting.

Please take 5 minutes to complete this short survey:

<https://forms.office.com/Pages/ResponsePage.aspx?id=TzK0qFwVFUKg8X7YzJqZLx4nbx9fEs5DhDo3pXUjx5dUMjlUUDcyTkUySThDRUJFSjFNMzE0T043RC4u>

### Did you know...

#### Risk-Avert: Primary Programme

Risk-Avert:Primary is a school-based intervention funded by the Public Health department at ECC. It takes a skills-based approach, meaning the programme is not focused solely on providing information to children.

The offer includes:

- Risk-Avert:Primary - 4 session programme for year 6 which supports transition to secondary school and teaches personal safety skills and improves decision making. This includes a year 6 survey which allows tailoring of content to your school.
- Risk-Avert:Primary Emotional Health - 8 session programme for KS2 pupils to help them better manage emotional health concerns. Children discover coping skills and know where and when to ask for help.
- RSHE Curriculum - Complete RSE and Health Education Curriculum for year 1 to year 6 mapped to DfE guidance. This can be used to supplement existing provision or as a complete scheme of work. All resources are hosted on our dedicated website with access for an unlimited number of staff. The online resources include lesson plans, explainer videos, PowerPoint presentations, student workbooks and factsheets.

If your school would like more information or to sign up to the programme please contact:

[tania@thetrainingeffect.co.uk](mailto:tania@thetrainingeffect.co.uk)

### Let's Talk... Reducing the Risk of Suicide: Promoting positive emotional wellbeing and reducing the risk of suicidal thoughts and actions in Children and Young People

The Covid-19 pandemic has presented a rise in the presenting emotional wellbeing and mental health needs of children and young people. If left unsupported, we face the further risk of this escalating to an increase of risk-taking behaviours, including suicide.

It is important that we are all well informed about the risk factors associated with suicide and it is vital that we take a proactive approach to becoming aware of the early indicators of vulnerability and risk. This enables us to provide earlier interventions that will reduce the risks associated with suicide of children and young people.

Please look out for the latest update to the Reducing the Risk of Suicide guidance for schools and settings.

This update includes up to date evidence and research, new resources and support services, and takes account of recent changes in the language we use to talk about emotional wellbeing and mental health themes. It will be available in January 2021, but in the meantime the current version remains available [here](#).

### **Let's Talk... A common language and understanding of emotional wellbeing and mental health.**

*Please look out for this new guidance to support us all with using a common language to use when talking about emotional wellbeing and mental health.*

The purpose of this new guidance document is to provide a shared understanding of emotional wellbeing and mental health so that children and young people, families, schools/settings and service providers use a common language, are understood and can plan for consistent and equitable support. It is for anyone in Essex, Southend & Thurrock who works with or supports children and young people, with a particular focus on emotional wellbeing and mental health. This includes schools/settings, health services and care providers, but it may also be useful for others who provide support as well as parents/carers.

An alternative version aimed at families will also be available, plus a further version aimed at children and young people is currently being developed.

All versions are being launched in the Spring term.

### **PE at home**

In order to support home learning (or for use for critical workers/vulnerable children in schools), Active Essex have now uploaded resources designed for each year group with ideas/activities for Physical Activity and PE to cover the next 2 weeks. All information is available [here](#).

### **Parent RSE Sessions**

Following the success of the sessions delivered in 2020 please find attached details of forthcoming (January, February and March 2021) free online training workshops on Relationships and Sex Education (RSE) for parents and carers delivered by Sexual Health organisation Brook.

### **Every Mind Matters**

A recent national survey of children and young people showed that one in ten 11 to 22 year olds reported often or always feeling lonely.

New to the PHE schools programme, NHS approved *Every Mind Matters* [Building connections resources](#) aim to encourage young people in Year 6, KS3 and KS4 to discuss loneliness and provide them with self-care techniques they can use when they're feeling lonely.

To support teacher's on mental health, the [Every Mind Matters tool](#) is available on the [School Zone](#) to provide support on simple, practical advice for a healthier mind.

### **Curious about conflict**

The PSHE Association Quality Mark to 'Curious about conflict' — a series of lesson plans with powerpoint slides, resources and guidance for teachers, devised for key stage 3 students about the causes of conflict and how to manage it, both online and in face-to-face situations.

<https://www.cresst.org.uk/resource/ks3-curious-about-conflict-pshe-lessons/>

### **Free Financial Education Support for Teachers**

Martin Lewis (Money Saving Expert) has funded free e-learning courses for teachers of primary and secondary level. The courses are to equip teachers with financial education support to help them teach future generation's best practice in regards to finances. This was promoted on the official Martin Lewis site.

<https://www.young-enterprise.org.uk/teachers-hub/financial-education/support-training/teacher-training/>

### **Do you need support regarding a particular child or young person?**

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex Tel: 0300 247 0014  
North Essex Tel: 0300 247 0015  
South Essex Tel: 0300 247 0013  
West Essex Tel: 0300 247 0122

**CHAT Health:** Our texting service remains active and is well-resourced with highly skilled School Nurses. Young people have the opportunity to contact us directly.

|   |              |
|---|--------------|
| Mid Essex School Nursing Service        | 07520 615731 |
| South Essex School Nursing Service      | 07520 615732 |
| West Essex School Nursing Service       | 07520 615733 |
| North East Essex School Nursing Service | 07520 615734 |

## **Trauma Perspective Practice**

### **News/ Resources**

We have welcomed many more schools to take part in TPP and now have over 170 Essex schools, settings and colleges signed up to access TPP.



Congratulations to Grow Braintree, Grow Harlow and Phoenix Enhanced Provision (Uttlesford) for completing all 9 Elements of TPP! We look forward to learning about your good practice.

### **What is TPP?**

Trauma Perceptive Practice (TPP) is the Essex approach to understanding behaviour and supporting emotional wellbeing. TPP is a free training package designed by practitioners for practitioners and makes up the universal training offer for SEMH. Our aim is for all Essex schools, colleges and early years settings to access TPP training by 2025. TPP is structured as 9 distinct elements starting with a whole school/setting investment led by the headteacher/manager and the leadership team. The total length of the training is between 15-18 hours and can be spread out over several terms. Expressions of interest can be sent to the designated mailbox: [tpp@essex.gov.uk](mailto:tpp@essex.gov.uk)

### **Key Dates for your diaries**

#### **TPP Conference**

On 27th November 2020, we hosted our first Trauma Perceptive Practice (TPP) conference. It was well attended with 250 people attending virtually. We enjoyed workshops about Schools' and Alternative Provisions' experiences of TPP so far. We also heard from leading professionals in the field of emotional wellbeing and mental health, including our keynote speaker, renowned author Louise Bomber.

Here is some of the feedback from the day:

- "Our Trust has only just completed element one but the impact can already be seen. It has brought everyone together to discuss the SEMH needs of all our pupils and from this we have developed a strategy group. This group has a 3 year action plan to embed all the elements of TPP as well as further steps including training mental health champions."

- “I feel proud to be part of a strong community of educators in Essex who are passionate about the well-being of our children, staff and families.”
- “There is hope for our children that there are things that we can do in school to improve things for them.”
- “TPP is far more than just the delivery of the training.”

We are hoping to host another conference in Summer 2021. We look forward to sharing more of our learning with you.

## Core Values Award

We are pleased to announce the launch of our new award: the TPP Core Values Awards. Each issue we will be recognising one adult and one child/young person who demonstrate our core values; compassion and kindness, hope, connection and belonging in their everyday actions. All winners will receive a certificate and be celebrated in the newsletter. There is also a chance the winner will also receive a special voucher!

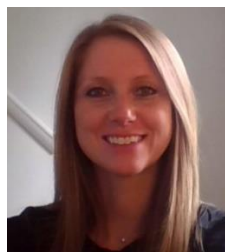
To nominate someone you know to be considered for the TPP Core Values Award, please email your nomination to [tpp@essex.gov.uk](mailto:tpp@essex.gov.uk) explaining why you think they should be considered. Nominations should highlight each of the values (compassion and kindness, hope, connection and belonging) and be no more than 500 words. Good luck!

## Meet the Team

### SEMH Strategy Team



Steve Whitfield  
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### Healthy Schools Team



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## West Essex Team



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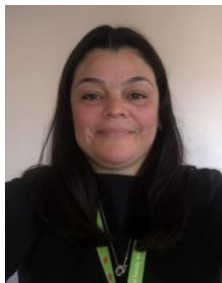
Zuzana Brown  
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## North Essex Team



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## Mid Essex Team



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## South Essex Team



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Checkout our websites for more information

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

<https://schools.essex.gov.uk/pupils/SEND/Pages/SEMH---Trauma-Perceptive-Practice.aspx>

<https://schools.essex.gov.uk/pupils/Emotional Wellbeing and Mental Health Information Portal for Schools/Pages/default.aspx>

## Support Websites

### Directories of Support

| Directory name                                    | Provides  | Link  |
|---|---|---|
| <b>Essex Child &amp; Family Wellbeing Service</b> | Provide a range of child and family services throughout Essex that are free at the point of delivery.   | <a href="https://essexfamilywellbeing.co.uk/">https://essexfamilywellbeing.co.uk/</a>   |
| <b>Essex Effective Support</b>                    | The Effective Support Windscreen illustrates how Universal, Early Help (Additional and Intensive) and Specialist services in Essex are provided. Website includes Children & Families Hub Request for Support Portal. | <a href="https://www.essexeffectivesupport.org.uk/">https://www.essexeffectivesupport.org.uk/</a>   |
| <b>Essex Local Offer</b>                          | Online directory of Services and support for special educational needs and disability.  | <a href="http://www.essexlocaloffer.org.uk/">http://www.essexlocaloffer.org.uk/</a>   |
| <b>Essex Map</b>                                  | Online resource to help find the groups, services, and activities who are working to better the community, rather than focusing on profit.  | <a href="https://www.essexmap.co.uk/">https://www.essexmap.co.uk/</a>   |
| <b>Essex Schools Info Link</b>                    | Mental Health Information Portal is designed to support schools in finding online material and content in supporting children and young people in educational settings.   | <a href="https://schools.essex.gov.uk/pupils/Emotional Wellbeing and Mental Health Information Portal for Schools/Pages/default.aspx">https://schools.essex.gov.uk/pupils/Emotional Wellbeing and Mental Health Information Portal for Schools/Pages/default.aspx</a> |
| <b>SNAP</b>                                       | Special Needs and Parents includes directory of support for families.   | <a href="http://www.snapcharity.org/index.php/information">http://www.snapcharity.org/index.php/information</a>   |

|  |  |   |
|--|--|---|
| <b>Southend Essex Thurrock Domestic Abuse Board (SETDAB)</b> | Southend, Essex and Thurrock domestic abuse partnership website, providing advice and information on services for those affected by domestic abuse | <a href="https://setdab.org/">https://setdab.org/</a>                     |
| <b>Getting Help in Essex</b>                                 | Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic.                                     | <a href="https://www.essex-gethelp.uk/">https://www.essex-gethelp.uk/</a> |

### **Health, Sex and Relationships Education Support**

PSHE Association <https://www.pshe-association.org.uk>

Brook <https://www.brook.org.uk/>

Sex Education Forum <https://www.sexeducationforum.org.uk/>

### **Emotional Regulation Support**

Support children (and adults) to self-regulate and build their understanding of their own behaviour and emotions <https://keepyourcooltoolbox.com/>

Mindful Magic <https://www.mindfulmagic.info/schools>

### **Emotional Wellbeing Support**

Anna Freud – Mentally Healthy Schools <https://www.annafreud.org/insights/news/2020/09/framework-launched-to-support-schools-to-develop-whole-school-approach-to-mental-health/>

Young Minds <https://youngminds.org.uk/>

### **SEND**

PSHE Association – SEND Hub <https://www.pshe-association.org.uk/content/send-hub>

MENCAP <https://www.mencap.org.uk/advice-and-support/children-and-young-people/sen-support>

Multi-schools Council <https://www.multischoolscouncil.org.uk/>