



## 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

### Latest News

#### Transformation of the Healthy Schools Programme

We are delighted to be able to inform you that a new updated Essex Healthy Schools Programme is being launched in September 2021. The new model will be less bureaucratic and based on an individualised multi-disciplinary pathway and development plan; it will also include an award programme which celebrates best practice in defined areas of public health. We will be consulting with schools and partner agencies very shortly and we will keep you fully informed about how the new process will affect your school.

#### Healthy Schools Awards

Unfortunately, we have been unable to hold our annual Healthy Schools Award Ceremony this year. Despite the challenges of Covid 19, there has been a stronger than ever commitment to Healthy Schools and improving the health and wellbeing of pupils and we feel it is important to acknowledge the dedication and hard work that has gone into achieving both Foundation and Enhanced Healthy Schools status. This term, if your school has revalidated its Healthy Schools status or if you have successfully completed a Healthy Schools Action Plan, you will receive both a Healthy Schools certificate and a pre-recorded congratulations message from Adrian Coggins (Head of Wellbeing and Public Health) on behalf of ECC and ECFWS. We hope that you will share this with your staff and children and young people in a celebration assembly.

Your Healthy Schools Engagement Worker will send your school both the certificate and the clip before the end of the summer term.

## Essex Healthy Schools Information

To find up to date information about Essex Healthy Schools and to view all the HSSEMH newsletters, please click on the link below.

[Healthy Schools - Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](http://essexfamilywellbeing.co.uk)

## Key Dates for your diaries

### Submission and Quality Assurance Dates:

Quality Assurance Group - 6<sup>th</sup> July 2021

Submission Deadline – 29<sup>th</sup> June 2021

## 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. The leadership and pastoral staff who attended last term's forums benefitted from sharing their experiences and support ideas during these challenging times. The feedback suggested that most attendees prefer the virtual meetings so they will be delivered this way in the summer term.

Feedback given:

*"This was the first meeting I've attended, and I found it so useful. The information on local support services and what they offer is brilliant and the opportunity to network with others is very helpful."*

*"I like the virtual meetings because they save travelling time. I'd personally prefer it to continue this way".*

June 9th	Primary Schools	North Quadrant
June 16th	Secondary Schools	North Quadrant
June 30th	Secondary Schools	South Quadrant
July 7th	Primary Schools	South Quadrant
June 30th	Primary Schools	West Quadrant
July 8th	Secondary Schools	West Quadrant
June 30th	Primary Schools	Mid Quadrant
July 8th	Secondary Schools	Mid Quadrant

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

## Did you know ....?

### First Aid in Education

The Department for Education confirmed that from 2020 onwards, all state-funded schools in England will be required to teach first aid as part of health education for all Key Stages.

Schools that have not been ready to teach the new subjects or have been unable to adequately meet the requirements because of the challenging circumstances over the past year, should aim to start

preparations to deliver the new curriculum as soon as possible and start teaching the new content by at least the start of the Summer term 2021.

The First Aid teaching requirements are that by the end of:

Primary school pupils should know:

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first aid, for example dealing with common injuries, including head injuries.

Secondary school pupils should know:

- Basic treatment for common injuries.
- Life-saving skills, including how to administer Cardiopulmonary Resuscitation (CPR)
- The purpose of defibrillators and when one might be needed.

PSHE education lessons are an ideal context in which to deliver crucial lifesaving skills to young people and can be delivered by teachers to all children. Some schools may choose to have additional input from visitors and consider other opportunities to extend this education, for example through a school club.

British Red Cross [First aid champions](#) provide activities, films, PowerPoints, and quizzes can be used by all schools to teach the skills children and young people need to save a life.

The British Heart Foundation can help schools deliver [CPR sessions](#) with easy-to-use, self-led Call Push Rescue kits, which are free to eligible secondary schools across the UK.

St John Ambulance have developed [lesson plans](#) and teaching resources developed to support teaching first aid as part of health education.

### **Anaphylaxis training**

Schools are being directed to the online anaphylaxis training provided by Anaphylaxis UK. Our school nurses will be offering an hour Q&A session for schools that have seen the training.

### **Healthy Lifestyles**

The ECFWS is committed to supporting schools seeking to promote children and young people's awareness of the importance of healthy lifestyle choices. Pupils are learning about healthy eating and healthy lifestyles in both their PSHE/HRSE and P.E lessons and are making the links between healthy lifestyle choices and mental health and emotional wellbeing.

The website Food a Fact of Life website provides a vast range of free resources for schools to use in food technology and science lessons when teaching about nutrition and cooking skills. The site including [recipe ideas](#) and information that can be shared with parents.

The NHS Change4life website is a platform that parents may already be familiar with, [here is a link](#) for some information for parents around healthier lunchbox choices.

The PSHE Association has produced a useful [document](#) which may support your school in communicating to parents the importance of PSHE, which of course includes healthy eating and healthy lifestyles, here is the link.

### **Essex ActivAte Partner Hub**

Active Essex have created a [Partner Hub](#) where you will find lots of important updates about their Holiday Activity and Food Programme, as we progress towards the summer holidays.

## SEMH Strategy

### Latest News

#### SEMH Q&A sessions

We are hosting free monthly SEMH Q&A sessions for schools/settings staff this academic year. These sessions are an opportunity to seek advice regarding social, emotional and mental health needs and what support is available for staff, children/young people and families. Each session is supported by a panel of experts to listen to your questions and advise you, including partners from education, health and community-based providers. Please book your place in advance.

Book your free place here: <https://consultations.essex.gov.uk/workforce-development-1/f6e481d2/>

#### EWMHS Instagram: @EWMHS\_NHS

The Emotional Wellbeing and Mental Health Service (EWMHS) have created a new Instagram account aimed at older young people. This account is designed to help support young people with their mental health and wellbeing. Through creating content alongside young people in their service, EWMHS aim to raise awareness of a wide range of wellbeing challenges and empower young people to take more control of their own mental health. [Please see poster and PowerPoint presentation](#) for more information.

## Trauma Perspective Practice (TPP)

### Latest News

#### Trauma Perceptive Practice (TPP) News

The Summer term has continued to be very busy for the TPP team, with more schools and settings starting their engagement. There are currently 400 schools and settings across the county who have started or expressed their interest in accessing TPP training. This is fantastic engagement, and we are delighted with the positive feedback that has been shared about the training and the TPP approach to understanding behaviour and supporting emotional wellbeing. We are well on our way to all schools and settings accessing TPP by 2025.

For more information about TPP and how to express your interest, please see the Essex Schools InfoLink: <https://schools.essex.gov.uk/pupils/SEND/Pages/SEMH---Trauma-Perceptive-Practice.aspx>

#### Celebrations!



We would like to congratulate **Katherine's**, **Jerounds** and **Abbotsweld** schools for their completion of all 9 TPP Elements. We look forward to learning about the impact TPP has had on your practice and policy.

#### TPP Impact Survey

Essex County Council have been rolling out TPP to all schools and setting for over a year now. We are delighted with the engagement across the county and have greatly appreciated your patience and positivity whilst we adapted to Covid-safe approaches of delivery. We are now at a stage where we would like to learn more about the impact TPP is having, so that we can continue to provide a training approach that meets local needs.

Please can we ask all schools and settings engaged in TPP to help us evaluate the impact it has had so far by completing this survey: <https://forms.office.com/r/5QSSh5YAAV>

## TPP Conference 2021

Following the success of our first TPP Conference in 2020, we are delighted to announce that we will be holding another this year. This is currently being planned as a live, face-to-face conference (assuming the current easing of Covid restrictions continues as planned).

Please save the date: Friday 22<sup>nd</sup> October 2021.

More details and booking information will follow over the coming weeks and months.

## Meet the Team

### SEMH Strategy Team



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### Healthy Schools Teams



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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](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>

**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

**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/>