



## 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

Welcome back – we hope that you all had an enjoyable summer break. We're looking forward to working with you all this term and are particularly sharing with you the details of the updated Essex Healthy Schools Programme!

#### Latest News

##### Transformation of the Healthy Schools Programme

We are proud that almost 90% of our schools have been engaged with the formal Essex Healthy Schools Programme and we know that all schools are clear about their commitment to the health and wellbeing of their children. Our vision now is to create a new social norm for Essex in which it is accepted that 'Essex Schools Are Healthy!' We have updated the programme by removing the need for a foundation and enhanced award scheme and have decided to move away from the bureaucratic self-assessment, quality assurance and moderation process. The new approach is based on an individualised multi-disciplinary pathway and development plan. The model will include awards that celebrate best practice in specific areas of public

##### Healthy Schools Expectation Document

We have produced Healthy Schools Expectation Document based on 6 key areas of health, which includes links to helpful guidance and resources, to help schools ensure that they are achieving the expectations. Each school will continue to have an allocated Healthy Schools Engagement Worker

(HSEW) to offer information, advice, and guidance so that you feel supported in meeting the expectations. The expectations will be publicly accessible to facilitate greater understanding of what it means to be a healthy school. We hope that whole school community, partner agencies and services will contribute and continue to share good practice and raise concerns if they need to.

#### Healthy Schools Profiling Visits

Your Healthy Schools Engagement Worker will be contacting you shortly to arrange a date for your annual Healthy Schools Profiling Visit where they will provide you with the opportunity to discuss the requirements along with and health and wellbeing concerns that your school has; the visit will also provide an opportunity for you to share good practice. We are hoping to organise visits in clusters (secondary schools and their feeder primary schools) within half termly blocks. An annual 'Healthy Schools Report' will be provided to each school, with an offer of support from ECFWs and relevant partners, to help address concerns.

#### Healthy Schools Best Practice Projects

Our Healthy School's Engagement Workers will actively support schools in the delivery of needs led, outcome-based health and wellbeing projects. Schools will nominate themselves for a 'Healthy Schools Best Practice Award', from a specific category in the Healthy Schools Expectation Document and will be invited to attend our Healthy Schools Annual Award and Celebration Event.

#### Enhanced Status and Healthy Schools Action Plans

If your school has recently submitted or is working on Healthy Schools Action Plan (previous model) please continue to do this. Our Healthy Schools Engagement Workers will continue to support your school through this process, and you will be presented with the award at our annual awards ceremony and will achieved 'Enhanced Status'. Any future work will then be done using the new documentation.

#### **Health and Wellbeing Peer Educators Programme (secondary schools)**

This term we are launching our new Health and Wellbeing Peer Educators Programme with pilot schools. The aim of programme is to enhance the learning that takes place in PSHE and RSHE lessons, ensure lessons are pupil led and address the concerns and questions that young people have around health and wellbeing. Schools will select peer educators, from every year group, who will receive training from our Healthy Schools Engagement Workers. The peer educators will then continue to be supported by a coordinator within their school and their HSEW who will liaise with other members of ECFWS and partner agencies and services. Please contact your HSEW if you would like further information on the programme and would like to participate following the pilot.

#### **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**

#### **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".*

4 <sup>th</sup> November	Primary Schools	Mid Quadrant
10 <sup>th</sup> November	Secondary Schools	South Quadrant
11 <sup>th</sup> November	Secondary Schools	Mid Quadrant
24 <sup>th</sup> November	Primary Schools	South Quadrant
1 <sup>st</sup> December	Primary Schools	West Quadrant
1 <sup>st</sup> December	Secondary Schools	West Quadrant

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

## Did you know ....?

**Risk-Avert and Risk-Avert Primary** are school-based interventions funded by the Public Health Department at ECC at no cost to your school. The programmes are delivered in-house by school staff with full support from The Training Effect (TTE).

The offer includes:

- RSHE Curriculum mapped to the DfE guidance from KS1 - KS4
- Risk-Avert - Emotional health intervention for any KS3 pupils to help them better manage emotional health concerns
- Risk-Avert: Risk-taking intervention for Year 8 to help pupils with decision making
- Risk-Avert: Primary - Year 6 transition programme focused on personal safety
- Risk-Avert: Primary - Emotional health intervention for KS2 pupils

Training is provided for secondary schools and the next courses are taking place on online via zoom on:

5 or 7 October 2021 9.30am - 11.30am (must have delivered the programme previously)

12 or 14 October 2021 from 9.30am - 2.30pm (new to Risk-Avert)

Contact Tania Gauder (Risk-Avert and Risk-Avert:Primary Coordinator) for further information or to book a place [tania@thetrainingeffect.co.uk](mailto:tania@thetrainingeffect.co.uk)

**The PSHE Association** have launched a suite of KS1-4 Health Education lesson plans covering food choices, physical activity, and balanced lifestyles. The lesson plans, accompanying slides, resources, and teacher guidance are [free](#) for members and include all statutory Health Education content relating to the topics.

## Kids Inspire Week of Wellbeing (WoW Week)

[Kids Inspire](#) is a non-profit organisation that supports children, young people and families with emotional trauma and emerging mental health difficulties in Essex. Through a range of therapeutic and community activities they promote resilience, self-awareness, and relationship building to empower more positive life choices.

For the past few years, Kids Inspire have run a "Week of Wellbeing" (or WoW Week) to promote good mental health practices amongst children and adults; this year WoW week is taking place between 18th

and 24th October, and they will be hosting events and activities that raise the profile and the importance of mental wellbeing. Kids Inspire want to encourage everyone to use creativity to promote better mental health & wellbeing so each day will be focused on a different aspect of creativity which will tie in with the Expressive/Creative Arts Therapies that their service users are offered. Click [here](#) to access the WoW Week School Activities Pack

### ECFWS New School Entrant Parent Talk

Starting primary school can sometimes be nerve-racking for children and their parents and carers. Please share the New School Entrant Parent Talk clip below with parents whose children started school in September.

<https://www.youtube.com/watch?v=CQhtxvuxi10>

## SEMH Strategy

### SEMH News

#### Social, Emotional and Mental Health Portal on Essex Schools Infolink

There is now a new [SEMH Portal](#) on Essex Schools Infolink. It replaces the previous Emotional Wellbeing and Mental Health information Portal, which will be removed at the end of September. On the new pages, you will find guidance, resources, and signposting:



We would like to draw particular attention to the 'Essex Guidance and Let's Talk Resources' section, where you will find a suite of resources that partners from across Essex Education, Health and Social Care services have collaborated to create. These are called 'Let's Talk Social, Emotional and Mental Health'. They provide an introduction to a range of themes that may impact a child or young person's emotional wellbeing and mental health.

Some of our new, helpful documents and resources include:

- [Let's Talk: Best Practice for Supporting Engagement](#) – a guide for supporting children and families to engage in the support made available to them
- [Let's Talk Emotional Wellbeing posters for schools](#) – posters on specific SEMH themes to be displayed in staff areas.
- Let's Talk: A common language and understanding of Emotional Wellbeing and Mental Health
  - [Guidance for Practitioners](#)
  - [Guidance for Families](#)
  - [Poster](#) – to be displayed where young people can see them.
  - [Flyer](#) – for young people.

### Trauma Perceptive Practice (TPP) News

As you will be aware, we have an Essex approach to understanding behaviour and supporting emotional wellbeing named Trauma Perceptive Practice which we will continue to support you on having through our 'Train the Trainer' approach.

For those of you already engaged with TPP, your trainers have access to the Hive Learning platform, where they will find up to date versions of all the training materials. This year we are also encouraging everyone to share examples of their practice and the difference it is making on Hive.

### TPP Conference 2021

After the success of our first conference in 2020, we are delighted that the Trauma Perceptive Practice (TPP) conference is returning for a second year on 22<sup>nd</sup> October 2021.

This year, we are proud to be joined again by leading author and practitioner, Louise Bomber, as our keynote speaker. Louise's wealth of knowledge and experience will inspire us to consider how we can support children and young people who have experienced adversity.

We are also now able to share some of the learning from the first year of TPP as the Essex approach to understanding behaviour and supporting emotional wellbeing. We will be hearing about the difference TPP is making and providing focused workshops to learn about the experiences and impact from a range of schools/settings already engaged in TPP.

For more information and to book your place, visit [Education Essex Online Booking System](#).

### Celebrations!



We would like to congratulate the following schools and settings for their completion of all 9 TPP Elements:

- Cherry Tree Primary School, Basildon
- St Katherine's Church of England Primary, Canvey Island
- Collingwood Preschool, South Woodham Ferrers
- Moulsham Junior School, Chelmsford

We look forward to learning about the impact TPP has had on your practice and policy.

We invite all TPP schools to share their examples of Best Practice for others to learn from on Hive.

## Meet the Team

### SEMH Strategy 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</b>	Southend, Essex and Thurrock domestic abuse partnership website, providing advice and information	<a href="https://setdab.org/">https://setdab.org/</a>

<b>Abuse Board (SETDAB)</b>	on services for those affected by domestic abuse	
<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/>

