



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
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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

Return of ECFWS staff from redeployment and school visits

We are pleased to inform you that our Healthy Schools Engagement Workers, who had been redeployed to the Essex Partnership University NHS Foundation Trust (EPUT) to support with the Covid -19 vaccination efforts, have now returned to their posts. All of our school aged workforce are now able to visit schools again, following Covid -19 safety guidelines, and are very much looking forward to having face to face contact with you all.

Healthy Schools Quality Assurance

March saw the spring Quality Assurance Group meet to review the latest submissions. Despite lockdown and school closures, we still received a high volume of detailed quality submissions.

Essex Child and Family Wellbeing Service would like to congratulate all schools that have achieved Healthy School Foundation and Enhanced Status. Well done!

Relationships, Sex and Health Education (RSHE)

Are you planning your Relationships, Sex and Health Education programme?
It is now a statutory requirement for schools to teach RSHE. The [ASCL](#), [Association for Young People's](#)

Health (AYPH), NAHT, NEU, Public Health England, the PSHE Association and the Sex Education Forum have worked together to bring you practical advice on three key steps to successfully implementing the statutory changes:

1. Consulting with parents and pupils, and developing policy
2. What to teach and how to teach it
3. Sustaining success

'RSHE Ready', is a series of podcasts exploring different aspects of RSHE implementation and provides schools with guidance and useful tips to help you plan a successful programme.

Key Dates for your diaries

Submission and Quality Assurance Dates:

Quality Assurance Group Meeting - 6th July 2021

Submission Deadline – 29th 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. Last term's virtual pastoral forums were held separately for primary and secondary schools. The leadership and pastoral staff who attended benefitted from sharing their experiences and support ideas during these challenging times.

Feedback given:

"It was a vital opportunity for staff to meet and share practice and listen to how things were going in their schools."

Please see below for this term's pastoral forums

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

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

Training Opportunities:

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 school and the next courses are taking place on online via zoom on: 27 and 28 April 2021 3.15pm - 5.30pm (must attend both sessions)

4 May 2021 from 9.30am - 2.30pm

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

Mental Health Champions – Foundation programme (Place2Be)

Place2Be is offering an online children's mental health training course developed from our work in schools, this enhances professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities. This course is suitable for people working with children and young people of any age, including primary and secondary.

Over a 5 week programme, the course covers:

1. Understanding mental health & wellbeing
2. Nature and nurture
3. How can I help?
4. Mental health: everybody's business

Due to generous funding the programme is offered free to UK qualified teachers and school-based staff in open groups. To be eligible for the funded programme, you need to have UK QTS, be an NQT or have a permanent role in-school.

For more details go to :<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-champions-foundation-programme/>

Did you know...

Teaching about mental health and emotional wellbeing through PSHE

We know that a majority of our schools are teaching about mental health and emotional wellbeing as part of their planned PSHE programme. Due to the challenges associated with the pandemic, many schools have decided to focus their PSHE on mental health and emotional wellbeing this term. We would like to remind you that the PSHE Association has produced updated teacher [guidance and lesson plans](#) about mental health and emotional wellbeing for key stages 1 to 4. Topics include teaching children how to describe emotions, discuss their anxieties and worries and develop coping strategies. Lessons aimed at Key Stages 3 and 4 also cover eating disorders, self-harm and depression.

[Every Mind Matters](#) teaching resources from Public Health England are free PSHE resources that support Year 6 primary school teachers and secondary school teachers when promoting positive health, wellbeing and resilience among young people aged 10 to 16 (Year 6, Key Stage 3 and Key Stage 4). Using video content co-created by influential young people, such as vloggers and YouTubers, the resources are designed to help teachers facilitate conversations about a range of areas of PSHE education.

[Mentally Healthy Schools](#) a free website for both primary schools and secondary schools that you may find helpful. Information, advice and practical resources are available to help you better understand and promote pupils' mental health and wellbeing.

Research shows that doing physical activity can improve mental health. For example, it can help with better sleep, happier moods and managing stress and anxiety. The important relationship between physical and mental wellbeing is the focus of Public health England's new lesson plans for 10-16 year olds. Head to the School Zone to download the [free resources](#)

[The British Red Cross](#) has produced a series of activities to help children and young people learn to look after their own wellbeing in order to develop resilience and coping strategies. There are activities for both primary and secondary pupils and they are linked to animated videos.

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

SEMH Strategy

Latest News

Recovery & Return for Families webinars

Part 3 of our Recovery & Return suite of resources is now available. These two new webinars, aimed at parents and carers, focus on their wellbeing and the wellbeing of their children. They can be accessed via the Essex Local Offer website, along with some complimentary resources. Please share these links with all families and also encourage them to watch if they are worried about their own, or their child's, emotional wellbeing as a result of the impact of Covid.

- Looking after yourself (28 minutes): <https://youtu.be/fVcUC8FdIDg>
- Looking after your family (39 minutes): <https://youtu.be/5-tXf73M5wl>
- Resources: <http://www.essexlocaloffer.org.uk/1-coronavirus-support-wellbeing-and-mental-health-resources-for-families/>

Essex Wellbeing Service number

The [Essex Wellbeing Service](#) will be providing navigators to help you find the right support for pupil's and their families. This is an early intervention offer to support you to meet the increase in demand in addition to what you are able to offer as a school/setting.

- To access the [Essex Wellbeing Service](#) navigators, phone this number: 0300 303 9988
- This is accessible from the 8th March 2021.
- Families can use this directly, or request support from school/setting staff.
- There are promotional materials available to share this vital information with families.

The Essential Living Fund is also available for families who need emergency help with heating, water, food, bills and other essential household items. Families can call 0300 7900 124 (8:45am-5:00pm).

www.southend.gov.uk/ELFforessex

Please see attached poster

Finding the right help from the right people

It is important that families access the right support to meet their needs, from the most appropriate services. Schools/settings are well placed to be able to offer support and signpost families as a result of the consistent relationships and contact they have. This document is designed to enable school staff to navigate the support provided by Essex County Council and partners for Essex families.

Please see attached document

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/>

Reducing the Risk of Suicide guidance update

Evidence shows that emotional wellbeing is more important than ever for children and young people. They are more at risk of experiencing distress and are vulnerable to suicidal thoughts and actions. Please see the latest update to our guidance, in which significant changes have been made based on the learning from current research and the tragic suicides of young people in Essex. An introduction was provided at the Safeguarding Briefings in March.

Available here:

[https://schools.essex.gov.uk/pupils/Safeguarding/Emotional Wellbeing and Mental Health/Pages/Mental-Health.aspx](https://schools.essex.gov.uk/pupils/Safeguarding/Emotional_Wellbeing_and_Mental_Health/Pages/Mental-Health.aspx)

Introductory webinar: https://youtu.be/nmVxDnng2_g

Trauma Perceptive Practice

The Spring term was a busy one for the TPP team, with many schools and settings starting their engagement. There are currently 300 schools and settings across the county who have started TPP, with a further 160 who have expressed an interest and are waiting to begin. 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.

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>

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 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



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Checkout our websites for more information

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
Essex Child & Family Wellbeing Service	Provide a range of child and family services throughout Essex that are free at the point of delivery.	https://essexfamilywellbeing.co.uk/
Essex Effective Support	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.	https://www.essexeffectivesupport.org.uk/
Essex Local Offer	Online directory of Services and support for special educational needs and disability.	http://www.essexlocaloffer.org.uk/
Essex Map	Online resource to help find the groups, services, and activities who are working to better the community, rather than focusing on profit.	https://www.essexmap.co.uk/
Essex Schools Info Link	Mental Health Information Portal is designed to support schools in finding online material and content in supporting children and young people in educational settings.	https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx
SNAP	Special Needs and Parents includes directory of support for families.	http://www.snapcharity.org/index.php/information
Southend Essex Thurrock Domestic Abuse Board (SETDAB)	Southend, Essex and Thurrock domestic abuse partnership website, providing advice and information on services for those affected by domestic abuse	https://setdab.org/
Getting Help in Essex	Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic.	https://www.essex-gethelp.uk/

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/>