

# Mental Health in Education Newsletter

Issue 11 – Spring 2025

## Welcome

### to our Mental Health in Education newsletter for Spring Term 2025

Happy New Year!

Please share this newsletter with your school staff and display it in your staff rooms. If you would like to contribute anything for future newsletters, make suggestions or requests please email [claire.gwyer@stockport.gov.uk](mailto:claire.gwyer@stockport.gov.uk) (including to request this newsletter in digital form if you are reading a paper copy).

## Thriving



### Children's Mental Health Week



Children's Mental Health Week 2025 will take place from 3-9 February.

The theme for 2025 is focus is Know Yourself, Grow Yourself, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

Resources for schools are available to download here:  
<https://www.childrensmentalhealthweek.org.uk/resources/>

### Kooth webinars for Childrens Mental Health Week

During Children's Mental Health Week, Kooth.com will be running webinars to livestream to children in both Primary and Secondary schools, focussing on empowering young people to embrace self awareness. Sign up to the webinars here: [Form](#)

### Whole School Approach

#### Have you surveyed your school population on wellbeing in your school?

We are looking for examples of surveys that schools have developed to listen to the views of pupils, parents / carers and staff about how your school supports their wellbeing and what more could be done. If you have any examples that you would be willing to share, please email them to [tanya.cross@stockport.gov.uk](mailto:tanya.cross@stockport.gov.uk). Thank you!

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## Blue Monday at St Thomas's CE Primary

On Monday 20th January St Thomas CE Heaton Chapel decided to beat Blue Monday.

Blue Monday is said by some to be the most depressing day of the year as people have overspent at Christmas and have not received their pay yet, New Years Resolutions have been broken by now and the weather is very cold and dark.



We arranged a fantastic Wellbeing Day and reached out to our whole school community, starting with a coffee van on site for parents/carers and staff at drop off time. Children were greeted at the gates by music and balloons and there was a great party atmosphere. The children all came in their most relaxing clothes and brought either a cuddly toy or a small cushion to school with them. During the day, the children rotated classrooms in the year group and each class had a different type of wellbeing activities. We had a Movement is medicine room for physical exercise, a fun and Games room and a Chill zone room. Our children were taught a wide range of mindfulness activities and also enjoyed playing games with each other. We had a children's entertainer who performed for both the infants and juniors and all children had hot chocolate with biscuits.

All employees received a goody/happiness bag and a free pizza lunch was enjoyed by all.



The day certainly banished the Monday Blues and as well as being very relaxing, the children learnt a wide range of valuable wellbeing skills to help them in the future. It also helped raise the profile of wellbeing and mental health issues.

BBC Radio Manchester broadcast live from our school for their breakfast show and our children talked about Blue Monday and Mental health. They were brilliant and spoke in such a mature way that the presenter at the station could not believe that they were primary school age children.

## Padlet links:

- ❖ [Mental Health in Education Padlet for Schools and Colleges](https://padlet.com/CYPMentalHealthStockport/School_padlet_professionals)  
[https://padlet.com/CYPMentalHealthStockport/School\\_padlet\\_professionals](https://padlet.com/CYPMentalHealthStockport/School_padlet_professionals)
- ❖ [Mental Health and Wellbeing Support Padlet for Children and Young People](https://padlet.com/CYPMentalHealthStockport/_Young_People_Thriving_In_Stockport)  
[https://padlet.com/CYPMentalHealthStockport/\\_Young\\_People\\_Thriving\\_In\\_Stockport](https://padlet.com/CYPMentalHealthStockport/_Young_People_Thriving_In_Stockport)
- ❖ [Supporting your child's wellbeing Padlet for parents/carers:](https://padlet.com/CYPMentalHealthStockport/parents_carers_wellbeing)  
[https://padlet.com/CYPMentalHealthStockport/parents\\_carers\\_wellbeing](https://padlet.com/CYPMentalHealthStockport/parents_carers_wellbeing)
- ❖ Stockport Neurodiversity Support for Children & Young People (5-16)  
[https://padlet.com/stockport\\_autism\\_programme/stockport-neurodiversity-support-for-children-young-people-5-vsray0kgugoivc6g](https://padlet.com/stockport_autism_programme/stockport-neurodiversity-support-for-children-young-people-5-vsray0kgugoivc6g)

## Advice and Signposting

### **SPEAK Suicide Prevention Training for Secondary Schools and Colleges**

We have arranged for Papyrus UK to deliver their SPEAK Suicide Prevention Explore, Ask, Keep-Safe half day training course on **15<sup>th</sup> May 2025** in the afternoon. The sessions will take place at The Pendlebury Centre. **All schools and colleges can access up to 2 free places on this training on a first come first served basis.** (Usual cost is £55 per person). Book here: <https://www.papyrus-uk.org/training/nw-speak-stockport-council-2/>

This training is an introduction to suicide prevention skills. The key objectives are:

- To consider the attitudes, myths, and stigma that surround suicide
- To recognise and explore the 'signs' that may indicate someone is having thoughts of suicide
- To encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide
- To support a safety plan with someone thinking of suicide.

#### **From the feedback that was received following the November session:**

- the percentage of attendees who agreed or strongly agreed that they could recognise the signs that a young person might be thinking about suicide rose from 41% before the course to 100% after the course.
- the percentage of attendees who agree or strongly agree that they feel confident talking to others about suicide rose from 41% before the course to 92% after the course.

### **Stockport Online Safety Hub**

Just a reminder about our brand-new resource available to all schools in Stockport. The Stockport Online Safety Hub offers information and advice for families and professionals. The hub is free to use and has an extensive library of advice and information, which is regularly updated.

<https://stockport.onlinesafetyhub.uk/>

If you have any questions, please contact [Julia.storey@stockport.gov.uk](mailto:Julia.storey@stockport.gov.uk) or [tanya.cross@stockport.gov.uk](mailto:tanya.cross@stockport.gov.uk)

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## Free online courses for parents, carers and teenagers

We continue to provide FREE access to the Solihull Approach online courses for parents, carers and anyone involved in a child's life at [www.inourplace.co.uk/stockport](http://www.inourplace.co.uk/stockport). We need your help in spreading the word about this fantastic resource to parents, carers, teenagers and colleagues in your school or college.

The Solihull Approach have produced a newsletter for schools to share with parents and carers, which will be sent out with this newsletter. **Please consider send this out to your school community:**



**January 2025**

inourplace is funded in your area to provide your family with free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

We strongly recommend that as staff working with children and young people you access these courses too, to help you support children's wellbeing. (Once registered you have free access for life, even if our licence is discontinued). If registering as a professional, please use your school postcode.

## Essential Parent



Essential Parent is an online library of videos, articles and other information to support parents and carers of babies, children and teenagers in all aspects of health and wellbeing.

Anyone is welcome to sign up and use these resources – both staff and parents / carers. For secondary schools and colleges there is also a section for young people themselves to access.

**Sign up is now available directly on the website:**

<https://gmca.essentialparent.com/ecare/start>

# Mental Health in Education Newsletter

Those who need focused goals-based input

Getting Help

## Getting Help

### SHINE

#### SHINE: Guide for Referrers

For more information email  
[info@beaconcounselling.org.uk](mailto:info@beaconcounselling.org.uk)

Please take some time to read through these guidelines if you are considering recommending SHINE to any of your clients or patients.

#### WHAT IS SHINE?

SHINE is a community based service designed to support individuals aged between 11-17 years old in building emotional wellbeing and resilience through early help interventions.

It is important to note that SHINE is not a therapeutic service; instead, it offers group-based activities aimed at promoting positive mental health for individuals with mild to moderate presenting needs through providing information, advice and guidance relating emotional wellbeing and signposting.

SHINE also delivers a series of wellbeing workshops, providing the opportunity to meet other young people gain new skills and explore emotional wellbeing.

#### SHINE at Beacon:

- 12 weeks during term time.
- Tuesdays or Thursdays 16:30 - 18:30
- Focus: Promoting emotional wellbeing, positive mental health and resilience and build connections
- Format: Group based sessions; includes creative activities, games and tasks, problem solving, active sessions, supportive and informative talks and mindfulness-based activities.

#### SHINE at Arc:

- 12 weeks during term time
- Wednesdays 16:30 - 18:30
- Focus: Exploring creativity through the visual arts (painting, drawing, collage, mixed media and more) under expert guidance of a professional artist.
- Format: Group based sessions with other young people who are also interested in visual arts.

**It is crucial to refer individuals who are appropriate for the SHINE service. Please consider the following guidelines.**

#### Suitable Referrals:

- Individuals experiencing mild to moderate emotional or psychological needs with a willingness and motivation to engage in group based work.

#### Unsuitable Referrals:

- Individuals with severe presenting issues that require appropriate intensive or immediate therapeutic or mental health interventions.
- Those experiencing high levels of risk to themselves or others.

For any individuals presenting significant risk, a thorough risk assessment should be conducted and they should be referred to appropriate therapeutic and/or mental health support services before considering SHINE.

**We appreciate your support in ensuring that SHINE reaches the individuals who can benefit most from our services. By adhering to the eligibility criteria we can provide effective early help interventions and foster a community of resilience and wellbeing.**



**Thank you for your collaboration**



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

[stockport.gov.uk](http://stockport.gov.uk)

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## Risk Support

### **FREE Webinar - an introduction to self-harm prevention in schools and colleges**

Anna Freud are running a free webinar on 4<sup>th</sup> February, 4.30-6pm, with an expert panel discussing: what self-harm is and is not, how to recognise the signs and causes, supporting staff wellbeing and why a whole-school or college approach is important.






This webinar is for any education professional who is working directly with young people who may be at risk of, or who they are aware are, self-harming.

Book here:

[An Introduction To Self-harm Prevention In Schools And Colleges | Anna Freud](#)

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## **Dates for Your Diary**

-  3<sup>rd</sup> – 9<sup>th</sup> February – **Children’s Mental Health Week**
-  Tuesday 18<sup>th</sup> February 2025, 6-7.30pm online – **Wellbeing Governor Training**
-  Thursday 13<sup>th</sup> March – **Primary PSHE Network** (book via Learning Leads)
-  Thursday 3<sup>rd</sup> April, 9.00-10.30am – **Checkpoint** Emotional Wellbeing Network for Schools
-  Thursday 10<sup>th</sup> July, 9.00-10.30am – **Checkpoint** Emotional Wellbeing Network for Schools

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**Stockport Mental Health in Education is a partnership programme between the following:**

