

# Mental Health in Education Newsletter

Issue 10 – Autumn 2024

## Welcome

### to our Mental Health in Education newsletter for autumn term 2024

Welcome to another new school year. We hope you are feeling refreshed after the break and have been able to do some nice things for your wellbeing over the summer. As we go into a new academic year, there is plenty to update you on.

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

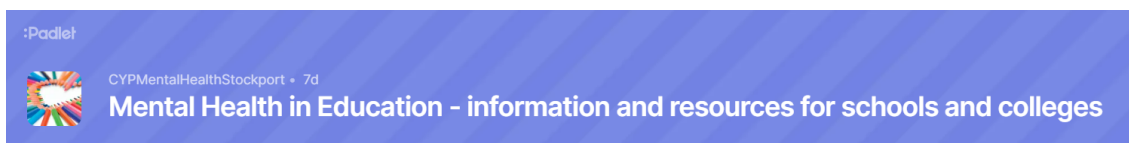


## Padlet

We are continuing to develop our online information on mental health and wellbeing and have further developed the Padlets that were shared last academic year. There is now a separate parents and carers Padlet. There are also Padlets developed by the Neurodevelopmental Team.

Please share these links with your school community and post them on your school website. We are very keen to collect any feedback from staff, parents/carers and young people as to how useful these are and if they could be improved.

- ❖ [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)



# Mental Health in Education Newsletter

## Summer Term Wellbeing Calendar

MENTALLY  
HEALTHY  
SCHOOLS



Anna Freud  
National Centre for  
Children and Families

Anna Freud Mentally Healthy Schools latest [mental health calendar](#) is for the 2024 autumn term, to help schools and colleges plan in activities ahead of time. The calendar covers awareness days and themes throughout the 2024 autumn term, including:

- the return to school and transitions
- Black History Month
- World Mental Health Day
- International Stress Awareness Week
- Anti-Bullying Week

## 5 Ways to Feel Good

The '5 Ways to Feel Good' are activities that have been scientifically proven to boost your mood. Making sure they're part of your weekly routine can help you to feel brighter and get more out of life. They are: Connect; Be active; Take notice; Keep learning and Give.



Public Health Stockport has a series of free resources you can use to help both pupils and staff implement the 5 Ways and start to Feel Good!

If you think you'd like to use the 5 Ways to Feel Good in your school, this [event guide](#) can help you plan.

You can order free resources for events/sessions in class [here](#). These are some of our recommended resources:

- The umbrella flyer and poster (click on the 5 Ways to Feel Good resources link to see these).
- 5 Ways Individual Empty Belly. These can be printed and laminated as a reusable resource to be written on with whiteboard marker.
- Aged 9 and Under Ways to Calm Myself (click the next tab to access these).
- Aged 10 Happy on the Outside (click the next tab to access these).
- Business cards: 11-17s support (click the next tab to access these).
- Feeling Anxious, Stressed or Low leaflet.

For more information on the 5 Ways to Feel Good and general mental health and wellbeing information, visit the [Healthy Stockport](#) website.

## 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 two dates this academic year. The dates of this training will be **14<sup>th</sup> November 2024** and **15<sup>th</sup> May 2025** in the afternoon. **All secondary schools and colleges will be offered 2 free places on this training.** (Usual cost is £55 per person).

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.

Please make a note of these dates. Once the booking link is available it will be circulated to Secondary Schools and Colleges. (If you are a Primary School who feel that this is a need for your school also, please get in touch at [claire.gwyer@stockport.gov.uk](mailto:claire.gwyer@stockport.gov.uk) and we can consider offering a place or putting on more courses.)

### **Stockport Online Safety Hub**

We are pleased to share with you information about a 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. Regular updates will be provided to share with parents and carers, and training/awareness sessions will also be delivered for staff & parents/carers.

We will be communicating further information to colleagues this half-term. In the meantime, please take a look around: <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)

# Mental Health in Education Newsletter

## Back to School flier for parents and carers

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). In addition there are courses for teenagers on 'Understanding My Brain' and 'Understanding My Feelings'.

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.

This flier below will be sent out with this newsletter. Please share this with all parents and carers.

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace

ONESTOCKPORT  
Family Hubs

**WELCOME  
BACK TO  
SCHOOL**

**EXCITED, NERVOUS, ANXIOUS?  
NOT SURE HOW THEY'RE FEELING?**

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE  
TO YOUNG PEOPLE'S PROSPECTS IN SCHOOL AND  
BEYOND

In Stockport, we believe in supporting young people's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.

- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child

GO TO [INOURPLACE.CO.UK](http://INOURPLACE.CO.UK)  
AND ENTER THE CODE  
**REDROCK** FOR FREE ACCESS  
TO THE ONLINE COURSES

# Mental Health in Education Newsletter

Those who need focused goals-based input

Getting Help

## 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>

## Getting Help

### Positive and Confident Children

Primary Jigsaw will be starting their next Positive and Confident Children course for parents and carers (previously known as Parenting Anxious Children) on 26<sup>th</sup> September.

### Feelings and Faces

“Feelings and Faces”, a collaboration between Primary Jigsaw and ARC, is continuing a monthly drop-in for children living with a grown up with a life limiting condition or diagnosis. For more information contact [anna.purvis@stockport.gov.uk](mailto:anna.purvis@stockport.gov.uk).

feelings and faces



### Positive and Confident Children Course

An 8 week online course for parents and carers

The course will cover:

- Quality time and play
- Anxiety
- Praise and rewarding bravery
- Emotion coaching
- Worry
- Setting limits
- Well-being



Thursdays  
(term-time)  
9.30-10.30am



Please book a place through the SENDCO at your child's school

# Mental Health in Education Newsletter

## Risk Support

### Alumina - Supporting Young People Who Self-harm

If you're a parent, professional or friend supporting a young person who's self-harming, we recommend taking an hour to watch this webinar with our Alumina Managers. They explore why people self-harm, why young people especially self-harm, why it becomes addictive, how to break the addiction cycle, and what young people wish the adults around them understood about self-harm. [Supporting Young People Who Self-harm \(youtube.com\)](https://www.youtube.com/watch?v=...)






### Alumina – Support for Young People Who Self Harm

<https://www.selfharm.co.uk/>

Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. Young people don't need to be referred. Interaction during the sessions is via the chatbox.

---

## Dates for Your Diary

-  Tuesday 15<sup>th</sup> October – Primary PSHE Network (Contact [tanya.cross@stockport.gov.uk](mailto:tanya.cross@stockport.gov.uk))
  -  Wednesday 30<sup>th</sup> October – Checkpoint network meeting
  -  Thursday 14<sup>th</sup> November – SPEAK Training
  -  Tuesday 26<sup>th</sup> November – Secondary PSHE Network (contact [tanya.cross@stockport.gov.uk](mailto:tanya.cross@stockport.gov.uk))
  -  Wellbeing Governor Training – Tuesday 18<sup>th</sup> February 2025, 6 - 7.30pm online
- 

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

