

Mental Health in Education Newsletter

Issue 8 – January 2024

Welcome

Welcome to our first Mental Health in Education newsletter of 2024.

Happy New Year 2024! We hope you find the information below useful for supporting your whole school approach to emotional wellbeing in your school or college and for providing useful information and help to children, young people, parents and carers.

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 (including to request this newsletter in digital form if you are reading a paper copy).

Thriving

NEW! Padlet

You may already be familiar with Padlet. We have developed 2 Padlets for Mental Health in Education, aligned to the [Thrive Framework](#), to help settings keep track of all the support available to schools and colleges and to young people and their parents and carers:

- ❖ [Mental Health in Education Padlet for Schools and Colleges](#)
- ❖ [Mental Health and Wellbeing Support Padlet for Children and Young People](#)

If you have any feedback on the Padlets or suggestions of content to add please email claire.gwyer@stockport.gov.uk

Spring 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 spring term, to help schools and colleges plan in activities ahead of time. The calendar covers awareness days and themes throughout the 2024 spring term, including:

- Children's Mental Health Week
- Safer Internet Day
- International Women's Day
- Secondary school offer day
- Neurodiversity Celebration Week

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Senior Mental Health Leads training

Don't miss out on your chance to apply for your grant of £1,200 to pay for training for senior mental health leads in educational settings. Eligible schools and colleges can still apply for a senior mental health lead training grant to commence training by 31 March 2024. Grants will be provided to cover (or contribute to) the cost of attending a quality assured course, and may also be used to hire supply staff while leads are engaged in learning. For more information and to apply visit: <https://www.gov.uk/guidance/senior-mental-health-lead-training>

Note that **second grants can be claimed by eligible schools and colleges** if the senior mental health lead they previously trained left their setting before embedding a whole school or college approach to mental health and wellbeing.



Childrens Mental Health Week

Children's Mental Health Week 2024 is taking place between **Monday 5th – Friday 9th February**, this week is supported in Stockport by our colleagues at Beacon Counselling.

The theme for Children's Mental Health week is "**My Voice Matters**". We are contacting schools to ask if they would consider taking part in one or a variety of activities throughout the week to enable children and young people to have a voice in mental health and express themselves.

We are aware that some schools will have already planned activities and themes for this week we would love to know what you have planned.

Use this link <https://forms.office.com/e/RBgy1gucAc> to complete the survey.

Place2Be have freely available resources which are here Schools - Children's Mental Health Week (childrensmentalhealthweek.org.uk)

Checkpoint

The next Checkpoint (Emotional Wellbeing Network) meeting will take place on **Thursday 21st March**, 3.30-4.30pm at Pendlebury Centre. For more information about Checkpoint or to request an agenda item contact zorina.carrigan@pendlebury.stockport.sch.uk

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Those who need advice and signposting

Getting Advice

Advice and Signposting

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. To sign up to the Essential Parent library please complete the registration form here:

<https://forms.office.com/e/DgmFDYhs4y>.

Please also use this flier to share this resource with your parents and carers:



Essential Parent sign up flier.pdf

Kooth

Anxiety and stress top the list for presenting issues on Kooth in 2023. If you're interested in learning strategies to share with students that can help them manage feelings of anxiety, please register for one of our imminent KoothTalks training sessions:

- Monday 22nd Jan, 3:30
- Monday 29th Jan, 12:30

Staff can sign up via this [registration form](#).

To support **Children's Mental Health Week** this year, we are running online sessions for students to discuss this year's theme "My Voice Matters" and how young people can access support for their mental wellbeing via Kooth. Teachers can sign up for a session that suits them best, with all dates listed below. If you would like a prerecording of this session if the times are unsuitable for you, please reach out to rwhittaker@kooth.com.

- Monday 5th February 10 - 10:30am or 2 - 2:30pm
- Wednesday 7th February 10 - 10:30am or 2 - 2:30pm
- Friday 9th February 10 - 10:30am or 2 - 2:30pm

Schools can sign up via this [registration form](#).



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Those who need focused
goals-based input

Getting Help

Getting Help

Feelings and Faces

Primary Jigsaw have been privileged to be involved with a fantastic project over the last year. This project is "Feelings and Faces" and has been in collaboration with ARC. This project aimed to provide creative activities and build a network for children living with a grown up with a life limiting condition or diagnosis. Whilst it was not part of our specific criteria all families that attended were on a journey with cancer.

The project has been incredible in many ways and has been evaluated positively by Greater Manchester iThrive team who have evaluated the data linked to this. If you are interested in reading this report please email anna.purvis@stockport.gov.uk.

We are delighted to share that we have been successful in gaining further funding through the UKSPF fund and are able to continue to grow this with a further project taking place in a Primary School in the Heaton's area starting February 2024.

We are currently asking for expressions of interest for families that you think would like to take part in this next group, funded by UK government and in collaboration with ARC. The link to express interest is here <https://forms.office.com/e/BGjFRH5UaM>; school staff can complete this with permission from the family or the link can be shared with the family to complete themselves.

If you are unsure whether a family would meet criteria and want to check before sharing further or have any other queries please get in touch via anna.purvis@stockport.gov.uk.

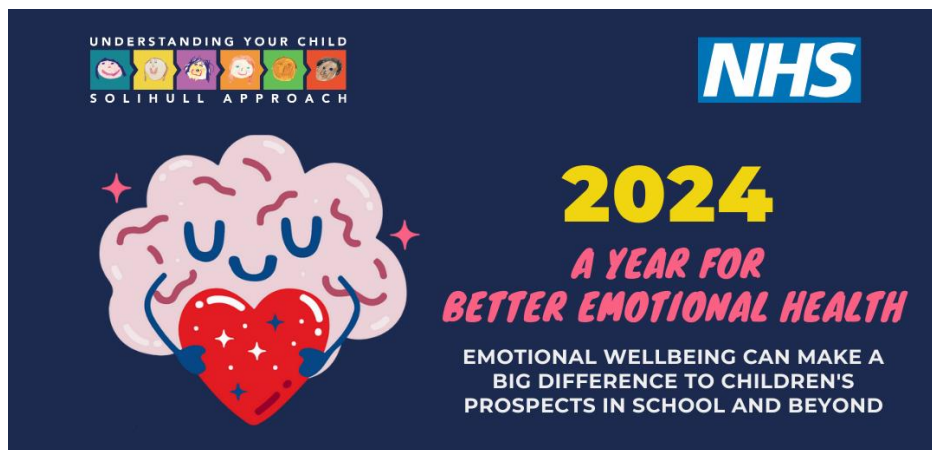


Feelings and Faces

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Solihull parenting resources and communications for settings

All schools and colleges in Stockport are in a pre-paid area for the online Solihull Approach courses. This means your local parents and carers can access a range of online support to better understand children's emotional health, brain development and wellbeing. As part of your school, nursery or college's commitment to supporting mental health for your children and young people, help us to raise awareness of these important resources for your parent community. Solihull have produced a schools' communications toolkit, available to you here, which includes all the ready-to-use resources you need to build this into your engagement strategy for mental health.



Here are some suggestions from the Solihull team for using the resources:

- ❖ profile these resources alongside your other commitments on your website under 'wellbeing', 'mental health resources' or 'for families'
- ❖ schedule reminders in your parent communications using the 'month suggestions' in the toolkit
- ❖ print the ready-to-go postcards for sharing at events and to include in pupil's bags
- ❖ follow Solihull Approach on social media (X - formerly Twitter, Instagram, Facebook and LinkedIn) to keep up-to-date and share latest resources.

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

