

# Mental Health in Education Newsletter

Issue 9 – Summer 2024

## Welcome

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

Please find below lots of useful updates on the whole school approach to emotional wellbeing in your school or college and 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](mailto:claire.gwyer@stockport.gov.uk) (including to request this newsletter in digital form if you are reading a paper copy).

## Thriving

### **NEW! Padlet**

As reported in the previous newsletter, 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](#)

Please share the link to the Padlets with your school or college community, as appropriate. If you have any feedback on the Padlets or suggestions of content to add please email [claire.gwyer@stockport.gov.uk](mailto:claire.gwyer@stockport.gov.uk)

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

- Stress Awareness Month
- Mental Health Awareness Week
- Exam and assessment time
- Transitions between school, college or university.

# Mental Health in Education Newsletter

## Wellbeing Support for School and FE Leaders

The Department for Education are currently funding professional supervision for school and FE leaders from Education Support. Professional supervision focuses on your role as a leader within education. You can bring any concerns you have about school or college culture, team dynamics, staff members, students or yourself, and share them with a qualified and experienced supervisor.



- This service is for headteachers, deputy headteachers, assistant headteachers, MAT CEOs and MAT Deputy CEOs based in state funded primary or secondary schools.
- You must be able to commit to attending six sessions of professional supervision (one hour per session, approximately once every three to four weeks) during the working day

For more information: [Wellbeing support for school and FE leaders \(educationsupport.org.uk\)](https://www.educationsupport.org.uk)

## School Wellbeing Leads Survey

Thank you to the 58 respondents who completed our School Wellbeing Leads Survey that we ran last term. Some key highlights from this survey are:

- ❖ 62% of respondents have completed the Senior Mental Health Lead training
- ❖ 17% of respondents have completed the Asset Based Assessment tool, however 29% were not sure
- ❖ 71% of respondents would like to receive Mental Health First Aid training

We are now considering what further support we can offer in response to the feedback we received, in particular with regard to training and supporting the whole school approach. Further details will be shared at the PSHE networks and via this newsletter.

## #BeeWell Survey

Secondary schools that took part in the Bee Well survey should all have now received their data dashboard with the results of their school data.

We would encourage schools to access the data which will help inform key areas for development and any additional support that maybe needed.

You can also view the full #BeeWell data dashboard here: <https://uomseed.com/beewell-neighbourhoods/2023/>



## Advice and Signposting

### Updated Self Harm Procedures for Schools and Colleges

We have spent some considerable time over the past months updating the Self Harm Procedures and Pathway for schools and colleges and are pleased to finally be able to share information about these updated documents with you.

These have been developed into a suite of documents to support schools and colleges in dealing with incidents and disclosures of self-harm. The documents include:

- Self-harm procedures and pathway – these are guidelines to help schools and colleges to respond. The pathway is designed to be printed out and available as a quick reference.
- Young People & Self Harm Guidance and Resources for schools and colleges to support the Stockport Self Harm pathway and procedures – this document provides additional resources, some of which can be printed and used with young people, their family and friends and also staff.
- Appendices – these forms can be used to record incidents.
- MHST Safety plan – this has been developed by Stockport Mental Health Support Team to use with young people.

These documents have been shared with all Headteachers, however if you would like to receive a copy please email [claire.gwyer@stockport.gov.uk](mailto:claire.gwyer@stockport.gov.uk). They will also be shared at forthcoming PSHE and Safeguarding networks.

### 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

# Mental Health in Education Newsletter

## Transition Resources

**Solihull Approach Moving Up: New resources to support smooth school transitions and wellbeing in school children and their parents**



Moving up and changing school is a big change for children and parents or caregivers. It's a new stage of growing independence and separation. Fears and worries are normal as well as excitement, as with each stage of childhood development. Parents role is to help children cope with and overcome their fears, to nurture them to feel brave and capable.

New resources created by psychologists and Balsall Common Primary school are now available at [www.inourplace.co.uk/moving-up](http://www.inourplace.co.uk/moving-up) to promote connected relationships between parents and children as they navigate changes from nursery to primary and primary to secondary to help children thrive in their new school environment. Please share these resources with your parents and carers.

## Primary Jigsaw Year 6 Transition

**PARENTING ANXIOUS CHILDREN**

**YEAR 6 SPECIAL**

Are you worried about your child navigating through the next few months?  
You are not alone!

Join fellow Stockport parents and carers who want to support their Year 6 child cope with change and move on to high school more confidently.

Free online sessions  
930 - 1030  
25th June 2024  
2nd July 2024  
9th July 2024  
16th July 2024

Delivered by:  
+ Anna Purvis- Primary Jigsaw  
+ Heather Newton - Inclusion Service  
Please email [primary.jigsaw@stockport.gov.uk](mailto:primary.jigsaw@stockport.gov.uk) to book.

# Mental Health in Education Newsletter

Those who need focused goals-based input

Getting Help

## Getting Help

### Feelings and Faces

“Feelings and Faces”, a collaboration between Primary Jigsaw and ARC, has resumed the monthly drop-in for children living with a grown up with a life limiting condition or diagnosis.

Please complete this 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. Or contact [anna.purvis@stockport.gov.uk](mailto:anna.purvis@stockport.gov.uk).

Feelings and Faces

### Mental Health Support Teams

Mental Health Support Teams are Government funded through the NHS long term plan, currently for approximately 30% of schools. But it is hoped that funding will be increased in the future to extend this offer to more schools in the future.

Stockport Mental Health Support Team (MHST) are a team of Educational Mental Health Practitioners and Emotional & Wellbeing Practitioners supporting young people and families within 30 schools they are currently working in. The support provided is evidence based meaning they have looked at research to understand the impact of their care.

They offer 1:1 or group therapy specifically for individuals with emerging mental health difficulties such as anxiety and low mood to help them thrive and minimise the need for more risk support in the future.

#### What support does the mental health support team provide?

We provide:

- One-to-one or group therapy/skills sessions for children and/or parent/carers
- Advice or signposting to other services who can help you
- Support schools and colleges around their wellbeing for pupils and staff

Stockport  
Young People's  
Mental Health  
Support Team  
Thrive in Education

#### What do sessions look like?

We usually plan 6 to 8 sessions with our mental health practitioner, usually lasting 30-60 minutes each. Sessions can either be with your child or with yourself, as a parent/carer. In some cases, it is more appropriate to work with parents on a one-to-one basis, especially where children are younger.

Sessions are informed by cognitive behavioural therapy (CBT) and provide tools and strategies for common mental health needs in school.

Therapy is delivered in a child-friendly manner using creative and engaging methods. To support learning and practice therapy skills, children are encouraged to complete various home tasks. These will be agreed between your child and their practitioner during their sessions.

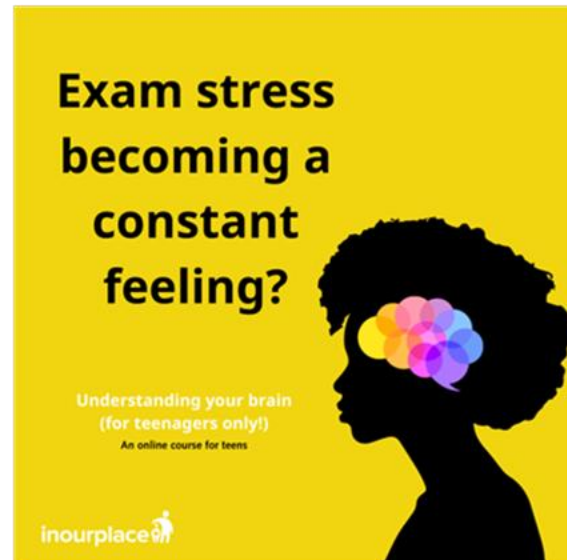


# Mental Health in Education Newsletter

## Solihull online courses for teenagers

Just a reminder at this stressful time of year for some young people, part of the Solihull online offer are courses specifically for teenagers on 'Understanding Your Brain' and 'Understanding Your Feelings'.

These can be accessed alongside the other courses at [www.inourplace.co.uk](http://www.inourplace.co.uk) for free (with a Stockport postcode) using the code REDROCK.



## Checkpoint

Checkpoint is a forum that provides updates on all matters relating to mental health and wellbeing. It provides an opportunity for professionals to view or present important workshops surrounding all things mental health. During the Checkpoint network meeting there are opportunities to share good practice and indulge in peer supervision.

If any professionals across the Stockport borough wish to share or present, please contact [zorina.carrigan@pendlebury.stockport.sch.uk](mailto:zorina.carrigan@pendlebury.stockport.sch.uk)

## Diary dates:

PSHE Primary Network – Tuesday 11<sup>th</sup> June, 9am-12pm, Heaton

Checkpoint – Thursday 11<sup>th</sup> July, 3.30-4.30pm, Pendlebury

