**What can the multi-school’s council offer?**

**This document outlines the training and support for schools linked to several programmes aimed at improving understanding towards children with SEND and mental health difficulties. All the workshops and training are completely *free* as we are supported by the Essex Youth Service & the Essex SEND strategy and innovation team. Please contact** **mschoolscouncil@gmail.com** **to make a booking.**

**Delivery of the sessions will be led by Kierran Pearce, who is the Youth Service SEND and Multi-Schools Council. In 2023 these sessions could also be delivered by two Youth Workers who will be working as part of this team. This work has been fully funded across all sectors including education, health, and social care teams.**

**What can we offer?**

**Mental health CPD for school staff – early intervention**

**How long does it last?**

The training lasts for around 1 hour 30 minutes.

**How many staff can be involved?**

Can be delivered as whole school CPD, including school support staff as it is our opinion that everyone working in a school should have some understanding about children’s mental health. We can also work with small staff groups responsible for pupil wellbeing.

**What does it involve?**

This training has been developed alongside our school resilience programme where we have been working directly with young people across the Essex. The training is unique in that it looks at things from the perspective of the young person. We have been funded by the NHS to roll out this training and we have also consulted with organisations such as mental health first aid England and EWMHS. The sessions cover key aspects of mental health in schools such as;

* Maslow’s hierarchy of needs
* Suitable friendships
* Communication
* Self-esteem
* Social media
* Family influences & transitions
* The impact of Covid-19

**What have others said?**

 *‘It was a really useful reminder of lots of the little changes which need to be brought to the forefront of our minds. It has given ideas on very simple changes we can implement immediately.’*

*‘I thought the training was really informative especially the different types of resources to use in schools to decrease anxieties.’*

*‘I have been on several mental health training courses but they very often they focus on the different mental health illnesses, and although useful, it was very interesting to hear what the children feel influence their mental health. The strategies and tips to use in school were also great!’*

**SEND or mental health assemblies – Primary & Secondary**

**How long do they last?**

15 - 20 minutes (timings can be flexible).

**How many children can be involved?**

Can be whole school or individual year groups.

**What does it involve?**

Words such as Autism, ADHD, SEMH are often misunderstood by children in schools. The statistics show that when there is a lack of understanding and this can lead to discrimination and bullying. In our SEND assemblies we focus on the positives of being ‘different’ and explain how all our brains work in different ways.

With our mental health assemblies, we talk about the importance of talking about our mental health and how this links to our physical health. We discuss the stigma that can be associated with mental health difficulties, how there can be more pressure placed on boys and the importance of being able to listen to each other in times of need.

**What have other schools said?**

*‘Immediately after our assembly, students started to discuss the importance of appreciating others for their differences. Although I believe our students have this kind-hearted moral instinct embedded already, the assembly really provided a platform of food for thought, which was lovely.’* – Secondary school, Chelmsford.

*‘Thank you for the assembly. I believe it has helped to open up the children's views about Autism and it was particularly useful that you could link examples to real life students and promote the benefits that Autism can provide for the individual rather than just the differences that may show to others.’* – Primary school, Colchester.

**Autism awareness workshop – Children**

**How long are the sessions?**

The sessions run for 45 minutes but can be adapted to meet individual school need.

**How many children can be involved?**

We can deliver this up to 2 classes at one time (no more than 80 children at any one time). Alternatively, we can also work with small group numbers if appropriate.

**What does it involve?**

The programme includes;

* Detail around Autism
* How to support people with Autism
* A chance to ask questions on Autism
* Real life experience of Autism

We have developed this workshop alongside a young woman who attended a special needs school in Essex. The insight she provided also talks about autism from her twin sister’s perspective, with both children being on different parts of the spectrum. We have found when autism is explained in this way it is no longer seen as a ‘taboo’ subject that cannot be spoken about.

**What have other schools said?**

*‘Very sensitive subject, which is linked to a high percentage of children in our class. Allowed pupils to comprehend what it might be liked to have autism.’*

*‘A good mix of talk and movement answered the questions sensitively, very good level and well-pitched to the children.’*

**Autism – Staff CPD**

**How long are the sessions?**

The training lasts for around 1 hour 15 minutes.

**How many staff can be involved?**

Can be delivered as whole school CPD or with individual groups.

**What does it involve?**

The training is adapted from the workshop we deliver to the children but at a higher level. It is appropriate for all teaching and support staff, especially those who work with children on the autistic spectrum. We can give advice and support regarding specific areas of need and include some of the useful resources that are out there. As the CPD has been developed alongside a child who is diagnosed with autism the content helps us see it from a perspective we may have not understood before.

**What have others said?**

*‘The one to one staff that attended the training has limited experience with the child she has been paired with and it will make a big difference to her confidence when she works with him.*

*‘As a school it gave us more awareness of things to look out for and what to be aware of. Everybody can move in the same direction and support our children better.’*

*‘Hopefully just makes us think about how we deal with children in general – the messages we can send through our language and expressions.’*

**ADHD understanding – Children and staff**

**Children Workshop –** Following the same format in terms of numbers and timings as our autism awareness workshops above but with a focus on ADHD.

**Staff CPD –** Again, following the same format as the Autism CPD above, this training will help develop understanding towards children who have a diagnosis of ADHD. **(Available until January 2023)**

**What does it involve?**

The **children** workshops will be looking at what ADHD means and the differences within the ways our brains make connections. The workshop will include some myth-busting exercises, positive role models with a diagnosis of ADHD and the idea that no matter our differences everyone can reach their potential.

The **staff** CPD is in response to need identified across many school visits during the 2019/2020 academic year. The content has been developed alongside side an educational psychologist, as well as readings and conversations with young people who have a diagnosis of ADHD. The workshop will aim to build a better understanding of ADHD and why some people work or communicate in the ways that they do.

**What have others said?**

*‘It gave us a deeper understanding of the condition, an awareness of just how differently it affects each child, useful strategies and resources to use going forward and an opportunity to ask questions and share thoughts.’*

**New for 2023!**

**Speech Language & Communication Needs Staff CPD** – Based on our work with young people within enhanced SLACN provisions, special schools, and other language hubs we have developed an awareness package for school staff. The sessions will be aimed at creating better understanding on the needs of young people and how this can be met through better identification. The sessions will include strategies ad resources aimed at supporting children within the classroom. **Bookings available from 2023.**

**Building self-esteem in young people** – Some of you would have worked with us after we developed a resilience programme which has now been embedded as part of some mental health in schools’ teams and will be a supporting offer linked to the Trauma Perceptive Practice being rolled out across the county. What we found from our resilience programme was that many young people had very low levels of self-esteem and this has since been highlighted by other professionals, schools, and most importantly young people themselves. Our 6-week programme will look to address some of these issues, build better levels of self-esteem in young people and provide a template for more better school awareness. The programme will be open to any age/ability but will first be trialled within a special school setting or with SEND children. **Bookings are not yet available, but you are able to join our ‘expressions of interest list ‘where further information will then follow.**

 **Ambassadors**

Most of the work is done in school settings; however, we are very keen to include children who for whatever reason may not be in education currently or have had to change their education setting. Driving our projects forward are over 60 young ambassadors from across Essex and beyond who are committed to improving things for all. We are always on the lookout for more young people who may be passionate and want to get involved so that they can also make a difference.

If you want to become an ambassador all we need is an application from yourself, in whatever format works for you, telling us why you would make a good ambassador and what your passion is. Please send all application to mschoolscouncil@gmail.com .

Visit our website to find out more <https://www.multischoolscouncil.org.uk/>

**How to book**

Mschoolscouncil@gmail.com – There are currently just under 400 schools in Essex who are now signed up to the multi-school’s council which often means there is a high level of need for our offer. If you are interested in any of the above, we would advise you to get in touch 2-3 months before making a booking.