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| **Summer Term 1** **2024 Issue****for****Designated Senior Mental Health Leads** |

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| Dear Colleagues, **Welcome to Summer Term 2024** We are now into the summer term with thoughts and attention turning to supporting children and young people work towards end of year transitions and the final preparations before their exams/assessments. We have made the main focus of this newsletter to providing resources to support yourself, pupils, colleagues, and parent/carers with this. Newsletter Items: * Mental Health Awareness Week
* The build up to exams and assessments
* Early Years specific guidance, resource and CPD opportunities
* Primary age phase specific guidance, resource and CPD opportunities
* Secondary age phase specific guidance, resource and CPD opportunities
* Whole-school Approach
* Parent/Carers Support
* Staff Training & CPD
* Staff wellbeing
* Anna Freud – Mental Health Foundation Annual Survey
* Your Networking meetings

Once again, we would like to thank you for subscribing to the Designated Senior Mental Health Newsletter. We hope the content is supporting you in your role. |

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| **Mentally Healthy Schools Summer Calendar:** covers primary, secondary, college and for staff too.To help you plan your mental health and wellbeing activity for the summer term, mentally healthy schools have produced a calendar of curriculum themes and occasions linked to mental health and wellbeing.The calendar covers the entire term, with suggested themes and resources for dates including:* Stress Awareness Month
* Mental Health Awareness Week
* Exam and assessment time
* Transitions between school, college or university

[**https://mentallyhealthyschools.org.uk/media/vqapjnw0/132\_summer-calendar-toolkit\_april081-1.pdf**](https://mentallyhealthyschools.org.uk/media/vqapjnw0/132_summer-calendar-toolkit_april081-1.pdf) |
| **Mental Health Awareness Week****13-16 May** **Theme for 2024****Movement: Moving more for our mental health****What might you do?*** Hold a Mental Health Awareness Week event at school
* Create space for conversations about staff mental wellbeing and work to reduce the stigma of discussing mental health at school or college
* Promote mental health and wellbeing through themed lessons and assemblies

**Primary**Talking Mental Health is an animation and accompanying teacher toolkit designed to help begin conversations about mental health in the classroom and beyond.<https://mentallyhealthyschools.org.uk/resources/talking-mental-health-animation-teacher-toolkit/>**Emotion wheel for children**<https://mentallyhealthyschools.org.uk/resources/emotion-wheel-for-children/>**Physical and mental wellbeing lesson plan**<https://mentallyhealthyschools.org.uk/resources/physical-and-mental-wellbeing-lesson-plan/?searchTerm=physical>**Secondary and FE**We all have mental health: animation & teacher toolkit. Get your students thinking about how to look after their mental health with this animation and accompanying guidance.<https://mentallyhealthyschools.org.uk/resources/we-all-have-mental-health-animation-teacher-toolkit/>**Staff**How to talk about and support young people with their wellbeing. A comprehensive, children and young person led guide to supporting wellbeing<https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/how-to-talk-about-and-support-young-people-with-their-wellbeing/> |

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| **Build up to exams and assessments**There are some important themes to consider * Stress and anxiety due to exam pressures for staff and pupils
* Healthy coping strategies
* Resilience

**Primary**My self-care plan: primary<https://mentallyhealthyschools.org.uk/resources/my-self-care-plan-primary/>Being brave and becoming resilient<https://mentallyhealthyschools.org.uk/resources/being-brave-and-becoming-resilient-youngminds-beano/?searchTerm=resilience>**Supporting Pupils with Exam Stress**Twinkl offer a range of resources to support pupils with managing SATs[SATs Staying Calm Checklist | Wellbeing | Twinkl Life](https://www.twinkl.co.uk/resource/sats-staying-calm-checklist-t-lf-1645103481)**Secondary and FE**1. Let's talk about anxiety

<https://mentallyhealthyschools.org.uk/resources/lets-talk-about-anxiety-animation-and-teacher-toolkit/?searchTerm=anxiety>1. Advice on managing stress at important moments video

<https://mentallyhealthyschools.org.uk/resources/advice-on-managing-stress-at-important-moments-video/>1. Exam stress lesson plan and PowerPoint

<https://mentallyhealthyschools.org.uk/resources/exam-stress-lesson-plan-and-powerpoint/>**Exams Stress**Here are some resources that can support CYP with exam stress:Anna Freud: Support through Exams- [Revision | On My Mind | Anna Freud Centre](https://www.annafreud.org/on-my-mind/self-care/revision/)[-Managing stress at important moments](https://www.annafreud.org/on-my-mind/self-care/revision/) The Psychological Society -[Conquering Exam Stress: Lessons from our bodies](https://www.youtube.com/watch?v=-RZ86OB9hw4)Young Minds: A guide for young people – Managing Stress-[Exam Stress | How To Deal with Exam Stress | YoungMinds](https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress?gclid=EAIaIQobChMIsZOT9oHB_gIVEsbtCh147wlXEAAYASAAEgL_m_D_BwE)**Staff**Exam and assessment stress: guidance for staff in further education colleges<https://mentallyhealthyschools.org.uk/resources/exam-and-assessment-stress-guidance-for-staff-in-further-education-colleges/>**Exam Stress**Here are some resources you can signpost parent/carers to, which provide some helpful information about support CYP through their exams: -[Helping My Child Cope With Exam Stress Part 1](https://www.youtube.com/watch?v=V9oPRjfH-IQ)-[Exam Stress - Roundup | YoungMinds Parents Lounge - YouTube](https://www.youtube.com/watch?v=6_BCnGhZiAg)- [How to help your child manage exam stress - YouTube](https://www.youtube.com/watch?v=eCWxqKTRyFQ)-[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/)**General Stress****Primary**Understanding stress lesson plan<https://mentallyhealthyschools.org.uk/resources/understanding-stress-youngminds-beano/>Advice and support for coping with stress<https://mentallyhealthyschools.org.uk/resources/advice-and-support-for-coping-with-stress/>**Secondary and FE**Managing stress and anxiety: tips for students<https://mentallyhealthyschools.org.uk/resources/managing-stress-and-anxiety-tips-for-students-and-apprentices/>Young people’s wellbeing guide for stressful situations<https://mentallyhealthyschools.org.uk/resources/young-people-s-wellbeing-guide-for-stressful-situations/> |

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| **DSMHL Network Meeting Invitation** Just a reminder to all Designated Senior Mental Health Leads that we are hosting face to face Network Meetings. Our intention was to hold 4 quadrant sessions. We are now having to change this due to low numbers booking on.We have decided to merge the sessions into two groups, maintaining the face to face. These meetings will be from 10.00 -12.00 am. * 12th June at Lawford Primary School:
* 4th July at Church Langley Primary School:

If you have already booked onto the ones that we had to cancel i.e. 26th June at Brightside or the 3rd July at Moulsham. I am sorry for any inconvenience. Your place will be cancelled now so please rebook via the online Education Essex online booking system if you can make either the 12th June or 4th July. |

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| **Early Years Specific** **Guidance, Resource and CPD Opportunities** **Supporting Transitions Resources**Summer Term is the time of year where schools/settings begin supporting their pupils towards end of year transitions. Here are some links to resources and books to help you get started: -[10 Ways to Support Children (and Parents) in Preparing for School (firstdiscoverers.co.uk)](https://www.firstdiscoverers.co.uk/support-children-preparing-for-school/)-[Transitions in early years – Ideas for supporting children and families | A Unique Child | Teach Early Years](https://www.teachearlyyears.com/a-unique-child/view/supporting-transitions-in-the-early-years)- [Transition to primary school – Place2Be](https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-primary-school/)-[Starting School - Books to Help Ease the Transition - Twinkl](https://www.twinkl.co.uk/blog/starting-school-book-to-help-ease-the-transition)-[Starting School: Books to Help Ease the Transition (childhood101.com)](https://childhood101.com/starting-school-books-to-help-ease-the-transition/)-[The Invisible String: 1 : Karst, Patrice, Lew-Vriethoff, Joanne: Amazon.co.uk: Books](https://www.amazon.co.uk/Invisible-String-Patrice-Karst/dp/031648623X/ref%3Dsr_1_1?crid=369JNUKOCMS2V&keywords=invisible+string+book&qid=1681622289&sprefix=invisible+string%2Caps%2C209&sr=8-1)-[The Colour Monster: Amazon.co.uk: Llenas, Anna: 9781783704231: Books](https://www.amazon.co.uk/Colour-Monster-Anna-Llenas/dp/1783704233/ref%3Dsr_1_1?crid=38Z97W9TP46WL&keywords=colour+monster&qid=1681622335&sprefix=colour+monster%2Caps%2C116&sr=8-1)-[The Colour Monster Goes to School: Perfect book to tackle school nerves: Amazon.co.uk: Llenas, Anna, Llenas, Anna: 9781787415522: Books](https://www.amazon.co.uk/Colour-Monster-Goes-School/dp/178741552X/ref%3Dsr_1_5?crid=38Z97W9TP46WL&keywords=colour+monster&qid=1681622355&sprefix=colour+monster%2Caps%2C116&sr=8-5) |

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| **Primary Age Phase Specific** **Guidance, Resource and CPD Opportunities** **Supporting Transitions Resources**Summer Term is the time of year where schools/settings begin supporting their pupils towards end of year transitions. Here are some links to resources and books to help you get started: **Anna Freud: 10 practical tips for school staff to help children settle when starting primary school**Useful tips for school staff to help children settle when starting primary school or to support those who change school regularly. [10 practical tips for school staff to help children settle when starting primary school : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/10-practical-tips-for-school-staff-to-help-children-settle-when-starting-primary-school/?searchTerm=starting%20primary%20school)**Kooth Free Webinars** **-**How Kooth Can Support with Anxiety Around Transitioning to Secondary School[@KoothEngagementTeam | Linktree](https://linktr.ee/KoothEngagementTeam)**Young Minds: Supporting School Transitions**Resources to help pupils, schools, parent & carers to cope with the changes and transitions they experience during their time at school. [Supporting school transitions | Resources | YoungMinds](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/)**Anna Freud: Moving Up! The transition to secondary school animation**-Anna Freud have produced resources for staff to help pupils with their transition secondary school. This includes:-[Moving Up! The transition to secondary school: animation & teacher toolkit (annafreud.org)](https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/)-[Download the Full Teacher Toolkit](https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/)**Young Minds: Find your feet**Transitioning from primary to secondary school is a particularly significant change for children. Learning about change and how to cope with it will help them with this particular transition and prepare them for many other changes and challenges they will face in life.To support school staff, we have created a webinar that focuses on how you can help your pupils through the change from primary to secondary school.[Supporting school transitions | Resources | YoungMinds](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions) |

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| **Secondary Age Phase Specific** **Guidance, Resource and CPD Opportunities** **Supporting Transitions Resources**Summer Term is the time of year where schools/settings begin supporting their pupils towards end of year transitions. Here are some links to resources and books to help you get started: **Anna Freud: Supporting Transition Resources** It is important to prepare pupils who are more likely to struggle with moving to a new school or phase of education. Here is some guidance to support your planning:-[Transitions : Mentally Healthy Schools](https://mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/)[Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](https://www.annafreud.org/resources/schools-and-colleges/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and/)[Moving up! The transition to secondary school | Anna Freud](https://www.annafreud.org/resources/schools-and-colleges/moving-up-the-transition-to-secondary-school/)**Young Minds: Supporting School Transitions**Resources to help pupils, schools, parent & carers to cope with the changes and transitions they experience during their time at school. [Supporting school transitions | Resources | YoungMinds](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/) |

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| **Whole School/Setting Approach****Anna Freud: 5 steps to Mental Health & Wellbeing**5 Steps to Mental Health and Wellbeing is a free, evidence-based framework to help you develop a whole-school or college approach to mental health.[5 Steps to Mental Health and Wellbeing (annafreud.org)](https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/)[5 Steps to Mental Health and Wellbeing Framework: a school practice example](https://www.youtube.com/watch?v=PEf38kX01zU&t=35s) |

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| **Parent/Carer Support****Supporting Transitions**Here are some resources to support parents/carers support their children through exams and end of year transitions: **Early Years: Parents/Carers Supporting Transitions**-Self-care for Parents and Carers: [Self-Care for Parents and Carers | Why consider self care? | Anna Freud Centre](https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/)-Spurgeons Children’s Charity: [Supporting your child's transition to primary school - Spurgeons](https://spurgeons.org/resources-for-parents/top-tips-for-school/)**Anna Freud Supporting children’s transition to secondary school****Guidance for parents/carers**. This short guide provides tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers. It includes guidance which explains why the transition can be difficult for some children, and practical advice such as talking and connecting with the new school, as well as suggested resources that children and parents and carers may find useful.[Supporting children’s transition to secondary school | Childrens mental health and wellbeing in schools | Anna Freud Centre](https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/)**Supporting Transition to College**Information & advice for parent/carers about helping a child with or without Autism Transition to College[Helping a Child With or Without Autism Transition to College | Psychology Today United Kingdom](https://www.psychologytoday.com/gb/blog/mind-matters-from-menninger/202304/helping-a-child-with-or-without-autism-transition-to)**Supporting Transition from School to University**Information & advice on moving from school to university for young people with Autism and their families- [Supporting Transition from School to University | Scottish Autism](https://www.scottishautism.org/services-support/support-families/information-resources/supporting-transition-school-university)**Transitioning to University** **Anna Freud: Know before you go: guide to navigating university life** A detailed guide for young people with Autism about what to expect from college or university life[Starting college or university: advice for autistic young people : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/starting-college-or-university-advice-for-autistic-young-people/?searchTerm=university)**Student Minds: Know Before You Go**This resource is to help young people transition and navigate University Life-[180813\_kbyg\_interactive.pdf (studentminds.org.uk)](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf) |

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| **Staff Training & CPD****Anna Freud Centre: Creating a Safe Environment**The Anna Freud Centre have created a video for education staff, which looks at the importance of creating a safe environment in schools and colleges and practical ways that staff can help students feel safe.[Creating a safe environment in schools and colleges – YouTube](https://www.youtube.com/watch?v=xjuc78SPyks)**Self-Harm Tool-Kit Training**There are spaces available on the next series of **fully funded training workshops for the Let’s Talk About Self-Harm Management Toolkit.**  It would be greatly appreciated if you could share this with your colleagues who may also benefit from attending.These workshops have been designed to provide guidance, resources and support for individuals working with school-age children and young people under the age of 18 in other settings.  Of those who attended a session this year, **100% have said that they feel more confident supporting children and young people around the issue of self-harm and that they would recommend the training to others.**The next series of workshops will be held in Braintree, Clacton and Colchester in May and Chelmsford in June – please see the attached flyer for more information.  More details on how to book onto a session and useful resources can be found here [www.mnessexmind.org/letstalkaboutselfharm](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.mnessexmind.org%2Fletstalkaboutselfharm&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C91e0b30b435347efc86b08dc637bd83e%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638494630755835990%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=TOP7vbZrg8LDyJhtWzVbgqRIj%2BKXV%2FqCKHUUk%2BrRqOk%3D&reserved=0).For any questions please do not hesitate to contact us on 01206 764600 or e-mail SHTKenquiries@mnessexmind.org. |

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| **Staff Wellbeing****Education Support Helpline**Just a reminder of the Education Support [helpline](https://www.educationsupport.org.uk/helping-you/telephone-support-counselling)Education Support offer advice and guidance to support your own and colleagues' emotional wellbeing and mental health. The charity also provides a free, confidential helpline/counselling service 24/7, 365 days a year A useful [poster](https://www.educationsupport.org.uk/media/d3zhgz44/helpline-poster.pdf) to display up on your staff noticeboard  |

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| **Anna Freud – Mental Health Foundation Annual Survey**Anna Freud have just launched our annual survey for education staff and they want to hear what you think. The results of the survey will help them to continue to support the mental health of staff and students across the UK.Completing the survey will take just five minutes of your time and will provide Anna Freud with a better understanding of how education staff engage with mental health resources and training.It will also help them to identify the most pressing mental health topics in schools and colleges, which will ensure their work stays relevant and useful.[2024 - Anna Freud Centre: Annual schools and colleges survey (office.com)](https://forms.office.com/pages/responsepage.aspx?id=lyB7OzDxNkCiCd9_O8wIcKRY6a_foNpOuzFUPENkYTRUM1k2UVpQTURBUThJMFVSN1pUV0lQNk4xSi4u&mc_cid=7ac96826f9&mc_eid=1980a959bc) |

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| **CELEBRATIONS****\*\*\* Congratulations to The Belsteads independent special school for achieving** **TPP Best Practice Recognition \*\*\*****If you have something you’d like to celebrate, please let us know and we will include it in the next newsletter** |

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