

"If you want to improve the world, start by making people feel safer"

Stephen Porges

Dear Colleague

Welcome to our half-termly newsletter update.

We would like to take this opportunity to thank each and every one of you for your ongoing hard work and dedication to support children, young people (CYP), families and colleagues’ emotional wellbeing and mental health.

We wish you all a good summer when it arrives.

Content:

-Promoting and supporting mental health and wellbeing in schools and colleges guidance update

-Senior Designated Mental Health Lead (SDMHL) network meeting invitation

-Trauma Perceptive Practice updates

-Supporting transitions

-Preparing CYP and their families for the summer holidays

-Online safety resources for CYP, parents and carers

-Managing relationships

-Staff wellbeing

**Promoting and supporting mental health and wellbeing in schools and colleges**

Have you seen the latest May 2024 update of the DfE’s [Promoting and supporting mental health and wellbeing in schools and colleges guidance](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications-single-page&utm_source=0030576e-6e10-4682-86aa-d98184d16986&utm_content=immediately)?

**Senior Designated Mental Health Lead (SDMHL) autumn term cluster meetings**

Just a reminder to all Senior Designated Mental Health Leads that we are hosting face-to-face summer term network meetings:

* 12th June at Lawford Primary School @ 10:00am – 12:00pm
* 4th July at Church Langley Primary School @ 10:00am – 12:00pm

Please note: Please note: previously advertised events for different locations/dates have unfortunately had to be cancelled. If you have previously booked on to one that has since been cancelled, please rebook for one of the above dates via the online Education Essex Online Booking [Education Essex Online Booking System](https://schools.essex.gov.uk/education-essex-online-booking-system).

**Trauma Perceptive Practice (TPP) updates**

Has your school/setting completed TPP? Make sure you let us know so we can send you your certificate of completion. Advance level trained schools/settings can also access our TPP for families training. Contact us via tpp@essex.gov.uk

Find out more about Essex[Trauma Perceptive Practice (TPP) training](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/semh-training/trauma-perceptive), via our[training leaflet](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/semh-training/trauma-perceptive).

Book your place on one of our TPP training courses for schools/settings and service partners:

* External partners and providers bookings use the [Education Essex Online Booking System](https://schools.essex.gov.uk/education-essex-online-booking-system)
* ECC workforce bookings use your [My Learning Logi](https://eur02.safelinks.protection.outlook.com/?url=https://myessex.csod.com/samldefault.aspx?ouid%3D1%26returnUrl%3D%25252fDeepLink%25252fProcessRedirect.aspx%25253fmodule%25253d1459&data=05%7c01%7c%7c1649ac60a79e4e19b2c608da9015c825%7ca8b4324f155c4215a0f17ed8cc9a992f%7c0%7c0%7c637980720731322513%7cUnknown%7cTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7c3000%7c%7c%7c&sdata=3eA%2BD39NI0IpiCY84kxEXJl0CE0KrrI0N1qMw6CQWRU%3D&reserved=0)n

Dates for the Autumn term will be added shortly.

You can also apply for TPP best practice school/setting status by emailingTPP@essex.gov.uk

**Supporting Transitions**

It’s that time of year where you are working hard to support transitions for both good endings and new beginnings. To help ensure these are positive experiences we have collated a range of resources to help you with your planning:

Early Years

* [Managing transitions in early years provisions](https://app.croneri.co.uk/feature-articles/managing-transitions-early-years-provisions) practitioners’ advice
* Childhood101 transitioning to primary school[books to help ease the transition](https://childhood101.com/starting-school-books-to-help-ease-the-transition/)
* BookTrust[all about starting school and nursery](https://www.booktrust.org.uk/booklists/s/starting-school/)
* Early years alliance hello[‘big school’ managing transitions](https://www.eyalliance.org.uk/hello-big-school-managing-transitions)
* [The transition to school passport](https://eycp.essex.gov.uk/the-early-years-foundation-stage/how-do-i-become-an-outstanding-practitioner/transition/?utm_source=e-shot&utm_medium=email&utm_campaign=EYFSPractitionerNewsletterApril2023) is designed to be one tool to support the smooth and effective transition of children from their early years setting into school. To access the Transition Passport and other resources, please visit the[Early years and childcare website](https://eycp.essex.gov.uk/the-early-years-foundation-stage/how-do-i-become-an-outstanding-practitioner/transition/?utm_source=e-shot&utm_medium=email&utm_campaign=EYFSPractitionerNewsletterApril2023).

Primary

* PLace2Be [transition to primary school](https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-primary-school/) advice for parents/carers
* Twinkl Starting school – [books to help ease the transition](https://www.twinkl.co.uk/blog/starting-school-book-to-help-ease-the-transition)
* Mentally Healthy Schools[dealing with change and transitions primary toolkit](https://www.mentallyhealthyschools.org.uk/resources/dealing-with-change-and-transitions-toolkit/?searchTerm=end+of+term+toolkit)
* Anna Freud Mentally Healthy Schools[10 practical tips for school staff to help children settle when starting primary](https://www.mentallyhealthyschools.org.uk/resources/10-practical-tips-for-school-staff-to-help-children-settle-when-starting-primary-school/?searchTerm=starting%20primary%20school) school
* Twinkl[transition to Secondary School Resources Pack](https://www.twinkl.co.uk/resource/roi3-c-002-transition-to-secondary-school-pupil-activity-sheets)

Secondary

* Mentally Healthy Schools[dealing with change and transitions secondary toolkit](https://www.mentallyhealthyschools.org.uk/resources/dealing-with-change-and-transitions-toolkit/?searchTerm=end+of+term+toolkit)
* BBC Bitesize[transitioning to secondary school](https://www.bbc.co.uk/teach/teach/transitioning-to-secondary-school/zkc9pg8)
* Anna Freud[moving up! transition to secondary school](https://www.annafreud.org/resources/schools-and-colleges/moving-up-the-transition-to-secondary-school/)

College/University

* Young Minds [transitioning from school to further education](https://www.youngminds.org.uk/professional/resources/transitioning-from-school-to-further-education/)
* Young Minds[university a freshers survival guide](https://www.youngminds.org.uk/young-person/blog/university-a-freshers-survival-guide/)
* Anna Freud starting college or university[advice for autistic young people](https://www.mentallyhealthyschools.org.uk/resources/starting-college-or-university-advice-for-autistic-young-people/?searchTerm=university)
* Student Minds[know before you go helping you navigate university life](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf)

Parents/carers:

Here are some further transition resources to support parents and carers.

* Self-care for parents and carers: [why consider self-care? for parents and carers](https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/)

Early years

* Angels at Play [supporting your child settling into nursery: a guide for parents](https://allaboutchildren.co.uk/angels-at-play-hoddesdon/news/supporting-your-child-settling-into-nursery-a-guide-for-parents/)
* NCT[settling you baby into childcare](https://www.nct.org.uk/life-parent/work-and-childcare/childcare/settling-your-baby-childcare)

Primary

* Anna Freud [supporting children’s transition to secondary school](https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/)
* BBC Bitesize[starting secondary school](https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t) tips of the practical and emotional sides of transition

Secondary

* Young minds [transition tips for parents](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/) and[find your feet: parent webinar](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/)
* Spurgeons Children’s Charity:[supporting your child's transition to secondary school - Spurgeons](https://spurgeons.org/resources-for-parents/top-tips-for-school/)
* Place2Be[transition to secondary school](https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/)

College/University

* Psychology Today [helping your child transition to college](https://www.psychologytoday.com/gb/blog/mind-matters-from-menninger/202304/helping-a-child-with-or-without-autism-transition-to)
* Scottish Autism[supporting transition from school to university](https://www.scottishautism.org/services-support/support-families/information-resources/supporting-transition-school-university)

**Summer holiday advice and signposting for Essex families**

Looking to prepare children, young people (CYP) and their families for the summer holidays?

Here some ideas to help you get started:

Essex Services

* [Essex Local Offer](https://send.essex.gov.uk/search-support-groups-and-activities) provide a directory to find support, groups and activities for CYP and families.
* [Essex ActivAte holiday club offer](https://www.activeessex.org/children-young-people/essex-activate/) a whole host of free resources to keep CYP entertained over the school holidays
* Find out more about [Essex Youth Service](https://youth.essex.gov.uk/) and what they have on offer for CYP
* Essex Child and Family Wellbeing Service have a [family hub Offer](https://essexfamilywellbeing.co.uk/services/groups-and-activities/)
* Essex Short Breaks offering support to CYP and families is now also open to CYP awaiting diagnostic assessment for Autism Families are now able to register on the [Essex Short Breaks website](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F930F5DB4076DF87A06359D08DCE958830155F820B9B700538A848AB7F800E541%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35&data=05%7C02%7Cbeth.brown%40essex.gov.uk%7Cf8053867bb904bb02ad708dc6527fb95%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638496469619613195%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6omLNE248UvP7z4DGwgfBK82gwuBB9mvmqnU2x%2FR2aQ%3D&reserved=0), or join us on [Facebook](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F16987FE61405A05B1A420721050F794F7A379E4BBB082B0E123510F18253EDF3%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35&data=05%7C02%7Cbeth.brown%40essex.gov.uk%7Cf8053867bb904bb02ad708dc6527fb95%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638496469619619528%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0xRZC7AvO2s9JYJoJcz0r9WobXjtU73tw%2FmjBHJNFwg%3D&reserved=0).

Resources

* Anna Freud discusses the [importance of spending time with supportive people](https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/spending-time-with-supportive-people/) over the summer holiday
* Childline [advice and support for the summer holidays](https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/)
* NHS [summer holiday wellbeing tips](https://bestforyou.org.uk/summer-holiday-wellbeing-tips/) for parents, carers and young people and [Boost your mental health tips](https://forwardthinkingbirmingham.nhs.uk/boost-your-mental-health-during-the-school-holidays/) during the summer holidays
* Young Minds [preparing your pupils for the summer holidays](https://www.youngminds.org.uk/professional/resources/self-care-support-over-the-summer-holidays/) resource
* Young Minds [self-care support for the summer holidays](https://www.youngminds.org.uk/professional/resources/self-care-support-over-the-summer-holidays/) resources for young people
* Place2Be[tips and support](https://www.place2be.org.uk/our-services/parents-and-carers/tips-and-support-for-the-holidays/) over the summer holidays
* BBC Bitesize [take the stress out of summer](https://www.bbc.co.uk/bitesize/articles/zx64r2p#:~:text=Now%20that%20school%27s%20out%2C%20juggling,with%20various%20situations%20and%20challenges.) – tips for frazzled parents
* Twinkl’s [summer activities](https://www.twinkl.co.uk/blog/summer-activities-for-parents) for parents/carers resources
* BBC Tiny Happy People [23 summer activities](https://www.bbc.co.uk/tiny-happy-people/articles/zyrsvwx)
* Parents list of [100 fun summer holiday activities](https://www.parents.com/summer-fun-activities-8600043) for kids and parent

**Online safety**

Summer holidays can be a time where CYP are likely to be online more. It can be helpful to prepare CYP, parents and carers for using their devices and online resources responsibility. Here are some resources to help you get started.

For CYP

* [Own It staying safe](https://www.bbc.com/ownit/curations/staying-safe) videos providing sound advice for keeping your time online safe, secure and happy
* BBC Bitesize [my teenage brain: why can’t I stop scrolling?](https://www.bbc.co.uk/bitesize/articles/zt99mbk#zjcc7v4) The important thing about scrolling and what if I need support?
* BBC Bitesize Foundation stage [keep safe online](https://www.bbc.co.uk/bitesize/topics/zfcvhbk/articles/zkcj92p)
* Childnet Smartie the penguin [exploring life online](https://www.childnet.com/resources/smartie-the-penguin/) age 3-7
* BBC Bitesize [KS2 your online safety](https://www.bbc.co.uk/bitesize/topics/zv63d2p/articles/zfmhfdm#zyxpywx)
* BBC Bitesize KS3  [online safety – online dangers](https://www.bbc.co.uk/bitesize/guides/z9p9kqt/revision/1)
* UK [Safer Internet Centre resources](https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s) for CYP age 3-11
* Young Minds [gaming](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gaming/)

For Parents/carers

* Gov.uk support for parents and carers to [keep children safe online](https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online)
* Barnardo’s [Is my child safe online?](https://www.barnardos.org.uk/blog/online-safety-parents-questions?gclsrc=aw.ds&gad_source=1&gclid=EAIaIQobChMI4MeX_5mchgMV4JZQBh0eWgh4EAAYAiAAEgI7bPD_BwE) Parents questions answered
* The Children’s Society [keeping children safe online](https://www.childrenssociety.org.uk/what-we-do/our-work/preventing-child-sexual-exploitation/online-safety?gad_source=1&gclid=EAIaIQobChMImoHqwJichgMVHo9QBh1oxQqoEAAYAiAAEgJjUvD_BwE)
* NSPCC [guide to staying safe with TikTok](https://www.bbcchildreninneed.co.uk/about-us/staying-safe-online/?gad_source=1&gclid=EAIaIQobChMImoHqwJichgMVHo9QBh1oxQqoEAAYAyAAEgJgUPD_BwE)
* NSPCC [keeping children safe online](https://www.nspcc.org.uk/keeping-children-safe/online-safety/?gclsrc=aw.ds&gad_source=1&gclid=EAIaIQobChMIvfXQqpuchgMVOpZQBh1D4gzaEAAYAyAAEgLhKvD_BwE&gclsrc=aw.ds) including: talking to your child about online safety, online wellbeing and parental controls

**Managing relationships**

CYP often have more time to engage with others either face-to-face or online over the summer holidays. Other CYP may also experience less contact with others which could lead to feelings of loneliness and isolation. It can be helpful to spend time preparing CYP for the summer holidays and we have collated a range of resources to help with your planning. Here are some resources to help you get started:

* NSPCC [healthy and unhealthy relationships](https://learning.nspcc.org.uk/safeguarding-child-protection/healthy-and-unhealthy-relationships#:~:text=A%20healthy%20relationship%20is%20one,good%20communication)
* BBC [Bitesize KS2 Relationships](https://www.bbc.co.uk/bitesize/articles/zdvn6v4)
* Childline [friendships](https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships/) managing the different layers of friendships
* Young Minds [friends](https://www.youngminds.org.uk/young-person/coping-with-life/friends/?gad_source=1&gclid=EAIaIQobChMIvovU0rqchgMV-Y5QBh04LwOgEAAYAiAAEgK_9fD_BwE) the importance, when you’re struggling with friendships, coping with the loss of a friendship, recognising when a relationship is unhealthy and more…
* Childline [bullying and cyberbullying](https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/#:~:text=Report%20it%20and%20block%20people,this%20can%20make%20things%20worse.)
* Young Minds[bullying](https://www.youngminds.org.uk/young-person/coping-with-life/bullying?gad_source=1&gclid=EAIaIQobChMI87vk3buchgMVuZdQBh0gwApHEAAYASAAEgLDwPD_BwE)
* Young Minds [what to do if you are feeling left out](https://www.youngminds.org.uk/young-person/blog/what-to-do-if-you-re-feeling-left-out/?gad_source=1&gclid=EAIaIQobChMIlPehgL6chgMV7JNQBh1AHwEFEAAYASAAEgLoY_D_BwE)
* Young Minds[tips for Datling and building healthy relationships](https://www.youngminds.org.uk/young-person/blog/tips-for-dating-and-building-healthy-relationships/)
* New Essex [Sexual Health Service webpages](https://essexsexualhealthservice.org.uk/name-parents-and-carers/) dedicated to parents and carers Explore a wealth of resources designed to empower and support you in discussing and managing sexual health with your children and teens
* Explore the meaning of healthy relationships with young people in Essex using a co-created animation with support of Essex Youth Service called ‘[Relationships: Bee-ing healthy](https://www.youtube.com/watch?v=jkh-iTO8iDY)’
* Kooth.com For CYP age 11-25 offer a [free, safe and anonymous online support and counselling](https://www.kooth.com/) for children and young people
* Togetherall is a [digital mental health support service](https://togetherall.com/en-gb/faqs/about-togetherall/) for CYP age 16+. It is available online, 24/7, and is completely anonymous so young people can express themselves freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members.

**Staff wellbeing**

* Has your school/College signed up to the [DfE Education staff wellbeing charter?](https://www.gov.uk/guidance/education-staff-wellbeing-charter)  All state-funded schools and colleges are invited to sign up to the voluntary charter as a shared commitment to protect, promote and enhance the wellbeing of their staff
* Education Support [annual teacher wellbeing index 2023](https://www.educationsupport.org.uk/resources/for-organisations/research/teacher-wellbeing-index/?gad_source=1&gclid=Cj0KCQjw9vqyBhCKARIsAIIcLMHp9xzbzmnWMuAhlcKm4ZGQQ3x0P9pDfIibLarvIpDqjcEfDACsHnoaAmXyEALw_wcB) is now available to view
* Education Support event [‘an essential masterclass for all school leaders: peri-menopause & menopause’](https://www.educationsupport.org.uk/news-and-events/events/an-essential-masterclass-for-all-school-leaders-perimenopause-menopause-june-date/) Tuesday 18th June, 1pm-4pm
* Education Support video [‘teacher wellbeing: why appreciation matters’](https://www.educationsupport.org.uk/resources/for-organisations/videos/teacher-wellbeing-why-appreciation-matters/)
* Education Support [‘Get help’](https://www.educationsupport.org.uk/get-help/) for yourself and your staff. You can also call the FREE confidential helpline 24/7 on 08000 562 561 where you can speak to a trained counsellor.

**Mental health and emotional wellbeing campaign days calendar**

We have provided a list of key [emotional wellbeing and mental health campaign dates](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Designated-Mental-Health-Lead-Newsletter.aspx) for the spring and summer term of 2023-2024.

**Newsletter feedback**

We would like to ensure the newsletter is useful to you all, so we encourage you to use our [feedback form](https://forms.office.com/e/C43epjgxHf). We welcome your views on the resources and information we share, along with any ideas about future themes you would find useful for us to cover.

Social, Emotional and Mental Health (SEMH) Strategy Team

Education

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[Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - Social, Emotional and Mental Health Portal for Schools, Colleges and Settings (essex.gov.uk)](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx)

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