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| Dear ColleagueWelcome to our half-termly newsletter update.We hope you have had a restful summer holiday and are returning refreshed and ready for the start of term. |

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| **Content:**- Senior Designated Mental Health Lead (SDMHL) Update- Trauma Perceptive Practice (TPP) updates- Pupil Wellbeing- Topics of Interest- Early Years- Measuring and monitoring Wellbeing - Staff wellbeing- Mental health & emotional wellbeing campaign days  |
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| Senior Designated Mental Health Lead (SDMHL) Update |
| As it’s a new academic year we would like to request that all Senior Designated Mental Health Leads (SDMHL) contact us to confirm they are the SDMHL for their school/setting. This will ensure that we can send out specific communications relevant for your role directly, in a timely manner. Please send us your first and last name, email and school/setting to semhstrategy@essex.gov.ukUpdates for SDMHL’s will also continue to be shared via our half termly newsletter this academic year.If you have any other ideas about how you could be supported as a group, please let us know via semhstrategy@essex.gov.uk   What's new for SDMHLs?* [Printable posters](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F1B063BBB52E45A9C5D7CF15C04696384FB5781C3C7D5E827892F657E088EDFD8%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304663949%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MM1ZeMwkzi6uEpgllHq1QSYr9DY3yQ8RT7zcMrpZGwU%3D&reserved=0) to put in your office regarding supporting the mental health of yourself and the other staff in your school.
* An [e-learning training course and toolkit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F392FCE9EF2D0B203B4C9277FA4B8076D5E23A8E4E7C58A71A4A033DBEB09BCE1%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304678493%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=erUqw0fqMyi%2F3qpcRUJ8XlemPnBur4K4Bt1CsIS6HYM%3D&reserved=0) to enable mental health leads to support and promote staff wellbeing please note this is a PAID resource designed for use by mental health leads working with students aged 5 to 19+).
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| 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.ukFind out more about Essex [Trauma Perceptive Practice (TPP) training](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F988386B4091ECFE1E807A2990A996784BF9A70417B972264CFB560DB165DAEDD%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304697883%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tuPNaYGdmFcFhXsocgaXRjarBGppxG5PkaeK8Q2Dsro%3D&reserved=0), via our [training leaflet](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F8CEE1212383E2FEA03BA6464A1D1876D756E5626AF3560437082AD40D1279B0A%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304712427%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=n%2FOS4X9aoq9Bva8ypDcAFbMwHDYnTwq7VkGSUVREsq0%3D&reserved=0). To find out what you can access once you have started your TPP journey and the other initiatives and resources which compliment our training offer, download our [TPP Journey flowchart.](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FB4E9D5927C1B22441FC8F3C6B73BA605148053349AE51F77992E304AF960E7E6%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304725479%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=lY8bMdNikVNeLbogc23pm9lvPJBBaPRljj1tfPtQwsQ%3D&reserved=0)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://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FAA03844BE7A129FABF812B030A4C90F81EFAF7C3FD770D956F7BD361E3DDB73A%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304738154%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=wfEkTrnIiNAo088EaGayJIIF2ug3wm7Jw9l5kpZn92A%3D&reserved=0)
* ECC workforce bookings use your [My Learning Logi](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F75B4E84059E131F27CBEBA98834B310CD4833C1426E2900B75EE9AE9059C7830%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304751034%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=t69J7RhK6ErvuFk7VE2OLomRsIuW%2BGLtvB%2FfSr6pNyU%3D&reserved=0)n

Dates for the Spring term will be added shortly.You can also apply for TPP best practice school/setting status by emailingTPP@essex.gov.uk |
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| **Pupil Wellbeing** |
| * Mentally Healthy Schools [wellbeing poster](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FB6B2CD1D30B7FDB28429F0A97126A47875038738F029F0B7988195093B8BFD29%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304763310%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=8UCXycigBJv5REWdhMDL3Clf%2BpefVc5G0mtNltCtn6Y%3D&reserved=0) for children and young people (CYP)
* SEMH Portal [Self-care resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD8FEFF89D7C90B6003BCCE6DE898D4AC7CE23C3D68F53E2659BCD6E8772033F9%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304776494%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vPwKjEZnA5OTIWCKtHT1V57nMPwKStjGuDtXp5rNLu0%3D&reserved=0) co-produced by CYP for CYP in primary schools, secondary schools and colleges
* [Pupil wellbeing resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F969AAE022A541598965ABFD4AF25C17D0904B89C3755C5BAD6E5C1186C98DDA5%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304789170%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OUj8V5Fn%2Fib3w0XLh3kDvYi7y1HeQdlcxhgm0MduVds%3D&reserved=0) for school governors
* STEM4 have produced resources for teenagers to help them with anxiety, depression, self-harm, eating disorders and addiction.  [stem4 - supporting teenage mental health](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FBA79A5E8B46AD4123A52BD5D7B749ABF69088A9585F78C31348B889BD8A117AA%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304802296%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=azAd%2BU7EJQJ0Ba2VEYaBiRmFpxHE6WJHZaGoSd6%2FEsI%3D&reserved=0)
* [Building Connections](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6F09B46AA756016E42AD49A03B708A6D5178E943D8D54626A73B17DDD4259888%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304814558%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0fzBFFAGMK0VIBSG6VIAOsxl8gQAejQx25G7864qqUk%3D&reserved=0) by the NSPCC is an online service for young people up to the age of 19, empowering them to find a way through loneliness.
* ARFID Avoidant restrictive food intake disorder. An eating disorder that was added to the DSM 5 criteria in 2013, and has a high comorbidity with neurodivergence.

[When is it just not fussy eating?- guidance for primary schools](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F80A7C9097DBC5809C0388147CF4B6B9F52FEFDE783B02F942DF08B3892540734%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304826734%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MhdaE48mQYKNYNP%2F%2BN5x5V52fVIWsz2tnEUz%2BICURog%3D&reserved=0) |

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| Topics of Interest |
| * Anna Freud’s talking racism and mental health in schools [podcast series](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FBBAAB1C62CCE54839AF2F6F613AC94B8065359730920F406F00BD9A795013E18%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304839614%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MDRlaGeJoNrXyGe7Ah9Bt1TF9qodIv6pPNRjFwZGm7I%3D&reserved=0)
* Watch [free seminars](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6AB0472E22323AD77B17290A85321A21EB6F63B86A85B6FFEE0CED6DB93FE262%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304853960%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=nEBFy9ibTHOxaPsUFWyXuT3t3ubhsV3ElqtIzzV7qwk%3D&reserved=0) on different topics linked to mental health and wellbeing developed by mental health and education experts at Anna Freud
* MindEd is a [free education resource and online training](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F05AE9C845DDE8705EE7623D582A01376B5F51EACF59F833B5CA7892B9FBCEFAB%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304866483%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=n6Yg1Z1ZjBp0SjlGBHHGAF4bMxbwvwQTqILEXWzdhII%3D&reserved=0) focusing on children, young people, adult and older people’s mental health
* Essex County Council’s [Let’s Talk: self-care for CYP](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F69162F7B770A87FECC2CCDFC4971D527F8DDD769069CD07EA529B47274ABC5E4%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304878796%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tJYhL4%2BQy2iSPSDgnSPiwrcOyuqpRkCtfOUiOwE5W%2Bs%3D&reserved=0) suite of resources to be used with CYP
* [At Risk Mental State (ARMS)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC8C6F3D6838393C9A0F04215F738879B9FBCDDF4A852943941D8172EA364ACCA%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304890921%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yPGLQ1jWScS3GDOi0SEuC2FAb1IMGQqTd7G%2FPQ7dDY4%3D&reserved=0) for Psychosis mental health service working with anyone who is registered with a GP in south east, south west or mid Essex
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| Early Years |
| * Anna Freud’s free [expert advice and guidance videos](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F50A2951F20A2AD768D835C66F779B7215EF86D532C083DF3FA1A254A4B89CEC1%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304903325%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5qf%2FsR%2BVamJTwSATZSGfqbUTuqdIFxUQWyjLjaurEsU%3D&reserved=0) for nursery staff
* Anna Freud’s free [wellbeing measurement](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F89EA248B1BFB4BD30E8FC53EDB0FAE8085342638B0687404D68F52524CA1142D%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304916122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=kDTwMTqHmyLotLwH1VdU9eWPPwG%2B7gTeqUJWJ5qVBAo%3D&reserved=0) for early years settings survey
* A booklet promoting [Self-Regulation Through Play](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FCA5083BADF18F8A146093FE893102DA316C7E30B2D8D7F64B4005B4C42DD692D%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304932403%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=BVdHhtRn9EfF6Vz%2ByFhgqOXQhjywZtnQVbIPsuYNnY8%3D&reserved=0) (aimed at 3-5 year olds).
* Centre of the Developing Child Harvard University Early Childhood Mental Health [research papers, articles and videos](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F94515A8EE3A947FF640CFCB0AFCD51381DBFB235BEDD210B43F11426EA58584C%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304944675%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=iUPv7G6oRf0pTVF2IivfPdJM3fTk6aI0rqmgo2qa5Y0%3D&reserved=0)
* PACEY early years early minds matter [emotional health resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC44639F8F469E7531BB381621ABCEF7523D6F28B93EE419C666EDADE57D5BE91%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304957142%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=m0pC1YWE%2FZ6QpLB3N2XIqiSSne%2BwuNQBwlcozj3oScA%3D&reserved=0)
* Anna Freud [resources for under five](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FA53AED86982D3066000A6998D71FBCE29F1B0AE183D1BCD76CC7613CA3D816E7%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304969332%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=t4GaCgZ5cPWWcRvhCETyByD3MSoEF%2By%2FBCDS4qi5xyI%3D&reserved=0)
* Anna Freud early years in mind [free online network](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F571227D077FBCCB34866AD2E522FDA5326B528917695A8FEB0F20B9A1230DD28%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304981551%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ma64H1k5q0NOcXqTyqxMb31s3K9bOz%2Fu31ffJNX7Q8o%3D&reserved=0) for early years practitioners
* ARFID Avoidant restrictive food intake disorder. An eating disorder that was added to the DSM 5 criteria in 2013, and has a high comorbidity with neurodivergence. [When is it not just fussy eating? - guidance for early years settings](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD4F2656CA98B46745FDE3C1A3F30729650F46B0945AB4E3CB56A1F2951AB23E1%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485304994218%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xsWCgiNYednhU8AwsZyFVuk9SWe8NP9o4Tkdl6Za4pY%3D&reserved=0)
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| Measuring and monitoring Wellbeing in schools/settings/colleges  |
| * [Using measurement tools to understand pupils’ needs](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF022E6D91E52178524B4317AD7469EDBF254A57F37A4C568D8755D559F5982CD%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305010790%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=cmRjle35peHIxcd8yJAVBf1Onvl5vepFJ5zm7cGg4Wg%3D&reserved=0) for schools and colleges
* Free measuring and monitoring children and young people’s mental health online [toolkit, training and e-learning](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F5691A0EA002C667A1CB7CA64AACA98DDD5DB9199BE7D2FF9E995CD31B287727E%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305025561%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Tzb%2F%2Fnc1MvBF78JAJcM22X0ZHa8riv5RpLTgTcx3dH8%3D&reserved=0)
* [Wellbeing measurement framework](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC818FF2740E294944C1E0FB83121C41DCC4EABF26E0ED68539D88B3E8740DD8E%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305040620%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=wi8AWEW15GdwyQLMaKMZscVS7bBrTrxi5y4a7ikWm9c%3D&reserved=0) for schools
* CORC [wellbeing measurement for schools](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FAE9909AD2676BAE91CD92FBC3CBEE872FF2C16B61E38EB87F9965D79971E800D%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305052866%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=dIOk3OYGRCy90E0pPiExPlgfiCH83Mwj9cgEj2pWYWQ%3D&reserved=0)
* Twinkl [pupil wellbeing questionnaire checklist](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD09EE3747AC1A5CFAA0CFD0B1F513C1DB5FCC8D625450B70AE441A52B7AE5222%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305065044%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=D8EQUV5%2FVnj2siQeDv4AgA7y3tQm9GL6ly%2BwocbYbFI%3D&reserved=0)
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| Staff wellbeing |
| * DfE [Improve workload and wellbeing](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F0AB400D9AEAD85E7951F0EA693B709598A6A868E1E1E38D387F63A28F9BFB9AD%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305077068%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=NGkU2H5u8louHo7QnwJ7y5819q895TqtL5IVO08Gmms%3D&reserved=0) for school staff
* Mentally Healthy Schools [supporting staff wellbeing](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC6519802B87B70E59CEF06492B5430972D773B6C61AB8AEC9B0D829C17372E40%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305089139%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=UurbIj7GmFEh7DfYsG%2BcKdWd50XJCD9kGyXEmvkrkC8%3D&reserved=0) suite of resources
* Free [Wellbeing measurement for school staff survey](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F18177E24103D2914537E6079BABB4BC9EB6CC480214B3FCDA967AD8E1B252672%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305101116%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=fwVGlJdkiJ2AZ3ENPChnBGLW388YZzlVyiyDEeeQM3c%3D&reserved=0) by Anna Freud
* Free [Staff wellbeing audit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6F4FD51EB9C474619AE5F273A71644BC8F9D081E51F70A822ABA55E3AAB6E1BF%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305113075%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=4ZgM0h2xJq30jcBuYe5vffPfg85a1be3qwzhIv9ycmc%3D&reserved=0) by Education Support
* [Three strategies to manage stress](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F675CCA427E868062B32876914D8B3D4B0530DF2B1D4A1D80C3C312BA6009A272%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305124989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=WZHoWlt9VZGh5FyOe%2FbYs1ePmbfzdVef%2FI2GKdUVNDA%3D&reserved=0) for teachers and education staff
* Welbee [14 proven ways to transform staff wellbeing](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F22F8B0F4BEBE5B8A83DEEEDB0992B2BAF343F6924EDECB67B312158700398099%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305137004%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Zta4RVYYqAHRtDV9D9kZU4gTMi4K2byWZZEDq9lq374%3D&reserved=0) in your school
* DfE [Early Years practitioner wellbeing support](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F85C9B9C724AAE27D2C2B932FE60BE01E769672371796A76DCB2ADC7FE451CC16%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305148912%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XdzrhSMD33F0bGlWw4RBKRVa0Qvikdw7gvbkJgH9rvk%3D&reserved=0) describes how to support mental health and wellbeing for you and your team in early years settings
* Advice and guidance about staff physical wellbeing and [dealing with illness](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6E931D503E9C133494E6B6B2B25153DA0AB09E80A4CB08DA75A75B2957185190%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305165342%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JD6E1w%2B85nSOfFI2dq35evwn0thBUqkiFUoBJDdw7zg%3D&reserved=0)
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| **Mental health and emotional wellbeing campaign days calendar** |
| * We have put together a list of key [SEMH campaign days](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F9CAA4EBFB6A771FC1E29AE4D41B424E2892758884E49977549A59B1245B66787%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305178974%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5Cv44SO9Bjs047g%2FvjIQYXc8JMmv7YbiYVtuDBbgccQ%3D&reserved=0) for the current academic year, should you wish to celebrate them in your school or setting
* Anna Freud Centre have created a [calendar](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F0EA6A002C677D0D1D0A34CD689D469808E787853D5B99AA49DECFC7EC47CB815%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305191365%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vfMhnM83aY3z5hZa6oKHQx5qcvEE%2F9lQgo5ApNhRCUs%3D&reserved=0) of curriculum themes and occasions linked to mental health for the 2024 autumn term, with activity ideas and free resources for each theme
* This October the NSPCC are launching the [Kindness Challenge](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F77F1A0718C7C5BD3AE59BD819EFFB8D80A55E8115013E38D7D7F843152A01963%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305203731%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hjjHbirNIhjj31Jph1EuZw8kLjLNI9QhBoZKtbEYACo%3D&reserved=0) week for children and young people
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| Newsletter feedback |
| We would like to ensure the newsletter is useful to you all, so we encourage you to use our [feedback form](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC5098912A5C3BF209D9F3C8C7F1A64BA93156BD472A76D32E96F7855B6F3CD96%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305216112%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xBXtR3L6sdP01A00fHZC2HmFV0EW8y2pv%2FBape%2BI9uc%3D&reserved=0). 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. |
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| Social, Emotional and Mental Health (SEMH) Strategy TeamEducation semhstrategy@essex.gov.uk[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://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F9D1AF812CDCDFE570E58E74A92CFA5C6090DB82A85BF491429A6EA510A1A3CD0%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305228694%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=On%2BHqyAGqX%2FRFJFNPym2sEfQvOdOBKAmWWToQCVBkes%3D&reserved=0)For details of how we process your personal data, please see our [privacy notice](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F247D65B56AC9D1B82D0835CA4B30B909AE252D444E522497945A0E0A665E40B2%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305241259%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=drB5D6Hg5bIfaY82ZRbz1VFlqEiEkqZBTtR6UpQKFQI%3D&reserved=0). |

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