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| **“We all have our struggles & fears, but no one should fight them alone. Let’s remember to be kind to each other, there for each other & ask for the help we need because everyone deserves to live free, happy & healthy.”** ⠀⠀**– Sterling K Brown** |
| Dear ColleagueWelcome to our half-termly newsletter update.We have exciting news to bring you this edition - details of our first Senior Designated Mental Health Lead Conference on Monday 23rd June 2025.  See below for all the information and how to book.  It's likely to be over-subscribed, so please book early to avoid disappointment!The SEMH Strategy Team |

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| **Content:**- **SDMHL Conference - BOOK NOW!**- Your Opportunity to shape the role of the SDMHL in Essex - Mental Health Updates from the DfE- Resources for whole school/setting approach- Training/Courses- Essex Healthy Schools Festival 2025- Support for parents with attendance- Relationships, Sex & Health Education Survey 2025 - Support for gambling & vaping- Promoting healthy relationships - Child to Parent Abuse- Talk, Listen Cuddle Campaign- Staff wellbeing- Mental Health Campaign Days- Newsletter Feedback |

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| Senior Designated Mental Health Leaders Conference for all Schools - BOOK NOW! |
| **Date: Monday 23 June 2025, 9am to 4:30pm - Chelmsford Racecourse**This conference will provide an opportunity to hear from inspirational keynote speakers, local service providers and access to practical resources and tools. We will champion the voice of young people and acknowledge the challenges of the DMHL role whilst seeking collaborative solutions. This event is specifically targeted at those with the role of Designated Mental Health Lead but may also be useful for those working in a pastoral role. Book via [Education Essex Online](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Feducationessex.essex.gov.uk%2FEvent%2F260178&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032902407%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=p10F7YxmhLqMu07Gf%2F0CMuB%2F%2FD9Ud2%2FQ5QonXTYQpQM%3D&reserved=0). |
| Your chance to develop and support the role of the SDMHLs in Essex |
| The SET CYP Mental Health Education Board are looking to stengthen and further support the role of the SDMHL in schools over the next two years.  As part of this commitment, they're funding the conference this year, and they're looking to recruit some SDMHL volunteers to join a Working Party to help shape and support the invaluable role that you all do in schools.  If you'd like to be a part of this group, please email deb.garfield2@essex.gov.uk to express your interest.   |
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| Mental Health Updates |
| The DfE has just published its findings from evaluations of mental health interventions in school - definitely worth a read if you can spare a few moments: [Education for Wellbeing Programme Findings](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Feducation-for-wellbeing-programme-findings%3Futm_medium%3Demail%26utm_campaign%3Dgovuk-notifications-topic%26utm_source%3Daa37ab0a-7089-4fae-ab17-2dad3110633e%26utm_content%3Dimmediately&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032920344%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=HF6wFiLMWdyTRsGZkFFAWKtoRduvgZBNjmqZYr15oMU%3D&reserved=0) |
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| **Resources for planning a whole school/college approach to mental health** |
| [Mental health lead resource hub](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmentallyhealthyschools.org.uk%2Fwhole-school-or-college-resources%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032936385%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=g8wxTt3%2FT6sbiMQ7XMSufZ81ajGI1ZespDIMRX0IIdU%3D&reserved=0) has been developed by DfE in partnership with education representatives and mental health experts to help mental health leads in their role. It includes evidence-based practical resources and tools for schools and colleges.The [targeted support toolkit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmentallyhealthyschools.org.uk%2Fwhole-school-or-college-resources%2Ftargeted-support-toolkit%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032950888%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=I6enmo3YsYHvIt8sKshSsFtSYr6SKLBjbg6Q%2FviLeJU%3D&reserved=0) is a practical guide and tool to help schools and colleges review, refresh and develop effective targeted support for learners with mental health or social and emotional wellbeing needs.Resources are available for staff, parents and carers to [support attendance and mental wellbeing in schools and colleges](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mentallyhealthyschools.org.uk%2Fattendance-and-mental-wellbeing-school-college%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032965244%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=NOXjJnNjQ%2BtKfjiHpMzKvFrpIaQyTE07svWI%2BAkyFGk%3D&reserved=0).[Teaching blog](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteaching.blog.gov.uk%2F%3Fs%3Dmental%2Bhealth&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032979978%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=lATxm1CBv0Xs8Z%2FR51uUjQrT2Ktrucokpc%2BCtC71v94%3D&reserved=0) includes posts written by teachers which can be filtered to find posts about student and staff mental health[Psychological first aid training](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fpsychological-first-aid-for-children-and-young-people&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845032994179%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=jLcOQ9JIQCVjDSSxGWrg2FfU%2BpKt5IQxASF1rnlq17g%3D&reserved=0) supports children and young people’s mental health during emergencies and crisis situationsThe [education staff wellbeing charter](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2Feducation-staff-wellbeing-charter&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033009848%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=VtC28VhJ9d8QzQ%2BLsxcj5sUmS5w0IjVcW%2ByExFEN7QA%3D&reserved=0) is a declaration of support for, and a set of commitments to, the wellbeing and mental health of everyone working in education. It directs education staff to mental health and wellbeing resources.Guidance developed with school leaders to [improve workload and wellbeing for school staff](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2Fimprove-workload-and-wellbeing-for-school-staff&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033025284%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=wtQhNNBTCulBdg75rW9pL%2BnPOZP%2FdstCIGk%2Bz7r%2F2GE%3D&reserved=0) is available. It has free resources including a workload reduction toolkit and resources to help track and evaluate the impact of workload reduction measures.The [PSHE Association](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpshe-association.org.uk%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033042644%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=fRDaNHoLW6pEnAIIxp3KrNobLHdhZAjowEEKYm9d21Q%3D&reserved=0) has published advice for teachers on teaching about mental health and wellbeing as part of the RSE and health education aspects of the curriculum.A [mental wellbeing training module](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2Fteaching-about-mental-wellbeing&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033060051%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZNR3i6LbIzEBeKCx43JIpP9W2mZciP7SEYP%2BFmZl5%2Fw%3D&reserved=0) is available to support the teaching of mental wellbeing as part of this curriculum. |

Training/Courses |
| **Autism and Eating Disorders - 26th March 2025**Join us for an engaging, in-person event tailored for professionals supporting children and young people with special educational needs and disabilities (SEND). With growing challenges in schools and mental health services, this event offers insightful talks to inform, guide, and strengthen support for SEND communities.Who Should Attend?Any school staff, healthcare professionals, support workers, third-sector organisations, peer supporters, parents, carers, and those involved in commissioning or funding within Essex or North East London NHS Teams (NELFT).Don’t miss this opportunity to connect, learn, and enhance the support you provide.  [**BOOK MY PLACE**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffundraising.beateatingdisorders.org.uk%2Fs%2F7832684%2F9XS3WQDwl&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033074250%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=0R4yr6cMrG6SmOCE1dyFfmUFV7NGMnEEGgZuky3qgsM%3D&reserved=0)When & Where:* Wednesday, 26th March 2025
* 9:00am - 4:30pm
* Civic Centre, Duke St, Chelmsford, CM1 1JE

**Traumatic Bereavement: Supporting Children and Young People at School or College - 12th June 2025**Attend this evidence-based, UK Trauma Council course to better understand traumatic bereavement. Explore how to recognise students at risk, develop support structures, and learn when and how to refer students to specialist bereavement services.  [**Learn more & book now**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.annafreud.org%2Ftraining%2Fcourses%2Ftraumatic-bereavement-supporting-children-and-young-people-at-school%2F%3Futm_source%3Dnewsletter%26utm_medium%3Demail%26utm_campaign%3D14012025_SiM&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033088444%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=e4kXNb%2BWXJOPmlS5mbKQcLeABclsZsrkCOq2Q8MYIEI%3D&reserved=0)[**Teenagers’ Mental Health in Today's World - Creative Education**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.creativeeducation.co.uk%2Fcourses%2Fteenagers-mental-health-in-todays-world%2F%23learndash-course-content&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033102767%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2BxdAE5jL5%2BWDAzpwsziZOt7S9cFRdpnt3qF%2Fv80XHHI%3D&reserved=0) **(From October - register NOW)**The Eastern Partnership UK (SEND) are offering training for the Level 4 Award in Supporting Children and Young People with SEMH.  Registrations for the October course open in February 2025.  This course is designed to build knowledge and confidence and develop a range of practical skills to fulfil a teaching or support role for children and young people with social, emotional and mental health needs. More information [here.](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.easternpartnership.co.uk%2Fsemh&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033116983%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=uXEpHAKcj0AetfkyK5aAYAFNaW4yWSa%2BoIYxDKXNsVc%3D&reserved=0)**Leading Staff Wellbeing - Dates in March, April, May, June, July 2025**Anna Freud's 'Leading staff wellbeing' online training gives practical guidance to help you support yourself and your colleagues, covering:* workplace culture
* building resilience and the impact of secondary trauma
* self-care strategies

Find out more and [**sign up**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fannafreud.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3Daa2c9f8b722440e7e05bedb82%26id%3D63327cff45%26e%3D1980a959bc&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033132021%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=jOKuqvGX14iLDFRNYMs%2BYe796WcjP8jkA595ucRpMTA%3D&reserved=0).**Growing Up Well Online (Digital Resilience) - Dates in March, April, May, June, July 2025**Today's young people have so many platforms to access - bringing more ways the internet can impact their wellbeing. You can help your students manage their digital lives safely whilst learning about school curricular requirements.Sign up for Anna Freud's Digital Resilience training to [**learn how**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fannafreud.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3Daa2c9f8b722440e7e05bedb82%26id%3D9b5cbbf9d9%26e%3D1980a959bc&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033146448%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=aYKL3iw2LH6k77E4hQlcMjB9irhz9m7gsASaKRPPrYY%3D&reserved=0).[**Psychological first aid training**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fpsychological-first-aid-for-children-and-young-people&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033161129%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=kxSU%2F2Pq%2BFa4NqMEr6AuFh2tVrlPuw4ANjoMxezgvhE%3D&reserved=0)The aim of the course (designed by Public Health England) is to support children and young people’s mental health during emergencies and crisis situations. It takes place online one hour a week over three weeks.  **Self-Harm Tool-Kit - Refresher Training**We have recently launched an updated Self-harm Management Toolkit and a new 15-minute animated video to accompany the Management Toolkit.This doesn’t replace the training workshops that we continue to run but can help refresh those who have completed the training previously and provide an outline of how the Management Toolkit works to those that are new to it.We have also more training workshops planned in February and March, which we’d love if you could share with your networks for us.To view the updated Management Toolkit and resources, video and to book onto a workshop, please visit [https://mnessexmind.org/letstalkaboutselfharm/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmnessexmind.org%2Fletstalkaboutselfharm%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033177035%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=YfCIXWkbzwzUGe8nE6mcRxkP4cF3x3%2BlK2jrJ8fi800%3D&reserved=0)  It is a very long web page, so please keep scrolling to access everything.

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| Essex Healthy Schools Festival 2025 |
| Come and join us for a fun and interactive health and wellbeing festival, including our annual awards ceremony! There will be plenty of fun and engaging activities for children, young people and school staff, supported by local providers of services supporting a whole school approach to health and wellbeing.We aim to promote health and wellbeing opportunities and most importantly provide a space for children and young people to come and feel inspired and empowered to facilitate change.Date: Thursday 27 March 2025Arrival: from 10amEvent close: 1:30pmVenue: The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NNEmail us to book your spaces: healthyschools@barnardos.org.uk |

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| Support for parents with attendance |
| **Support for parents with attendance**The LA has secured the support of the Adult Community Learning (ACL) Team to deliver newly-designed courses for parents to support their child to attend and enjoy school.   Schools will be the only referral route for this early help support and should, during their discussions about attendance with parents, consider on individual cases whether a referral would be beneficial. This service can be accessed via the following link: [Supporting your child to attend and enjoy school](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fpages%2Fresponsepage.aspx%3Fid%3DTzK0qFwVFUKg8X7YzJqZL3SJio3MfHRIpXwMYb80HqdUQVg1RkxGT0hWWDk4N1gyTjc3MUs5UDlIRyQlQCNjPTEkJUAjdD1n%26route%3Dshorturl&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033193285%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=tZPqZFY9H41%2BSyRVf4OyRl2jPc%2F0M1D4cpFdPXOhGdg%3D&reserved=0)In addition - our latest guidance in the 'Let's Talk...We Miss You' group of resources has just been launched - the Family Edition.  The SEMH Strategy Team will be attending the Essex SEND RoadShows this March promoting it to parents and carers. [https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/essex-lets-talk-resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fschools.essex.gov.uk%2Fpupil-support-and-wellbeing%2Fsocial-emotional-and-mental-health-semh%2Fessex-lets-talk-resources&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033213277%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bMkwlZFG%2BHBDJe%2FX4hK3eAY0l3438aWhhCI9Wjgob6w%3D&reserved=0)**Relationships, Sex & Health Education Survey 2025 (closes 16th March 2025)**The confidential survey seeks to gather the views of young people aged 11 (year 7) – 15 on a range of topics relating to relationships and sexual health.  **When a child enters their age, they will be directed to age-appropriate questions.**The findings of the survey, which are expected in May, will be shared with CYP stakeholders including service providers, voluntary and statutory organisations and educational settings. The insight will be used to ensure continuous improvement to the young people’s element of the Essex Sexual Health Service including online support, clinical services, education for young people and training for those working with young people.  In addition, responses relating to online activity questions will be shared with the Harm in the Community sub group of Essex Safeguarding Children Board and inform their wider efforts in keeping Children and Young People safe.  Young People and wider stakeholders will be kept up to date with how the findings are responded to through a published ‘You Said, We Did’.   The survey is due to close on 16th March.[Relationships, Sex & Health Education Survey 2025 - Essex County Council - Citizen Space](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fconsultations.essex.gov.uk%2Fyouth-service%2F19c47c97%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033229404%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Q5GATQVEhgoHbLj8PJ06r4lUJRWGkaGPATg9a2G4qgs%3D&reserved=0) |

Support for Gambling & Vaping**Free Gambling Awareness Workshops for all Schools**Gaming and gambling addictions and harms are often something that gets overlooked in comparison to drug or alcohol addictions. [GamFam](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgamfam.org.uk%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033251583%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=LP5XOwCrIIaTDNuc7STjdnNyDgsW3UyB04Q9p7SKXr4%3D&reserved=0) workshops are aimed at around years 5 to 8 and can be used to raise awareness on the growing issue of gaming and gambling harms, educating children in a fun and engaging way. Please email laura@gamfam.org.uk to arrange a free workshop at your school.**Pilot Vaping Programme**The Children’s Society East will be supporting the pilot vaping programme, funded and coordinated by Essex Public Health from February 2025.  If any educational settings who are not currently engaged in the Youth Vaping Community of Practice would like more information, please contact vanessa.gardner@barnardos.org.ukThere is further information about vaping on the ESCB’s website: [ESCB - Substance misuse and youth vaping](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.escb.co.uk%2Fsafeguarding-topics%2Fsubstance-misuse-and-youth-vaping%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033275149%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=svv9ESwau9bt0Xd5Kc8gKlTaQtrJOel3pubCJJ%2B2Xco%3D&reserved=0).  For any stakeholders interested in the work of the Essex, Southend and Thurrock Youth Vaping working group please contact helen.gregory@essex.gov.ukThe ‘break the vape’ programme remains open to education settings through the Safe in Essex provision [www.childrenssociety.org.uk/information/young-people/east/safe-in-essex](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.childrenssociety.org.uk%2Finformation%2Fyoung-people%2Feast%2Fsafe-in-essex&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033292347%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=eiaLxEh2XHDTMf9vVTynLQlrn%2F0SYosCBjbFQPV9mXg%3D&reserved=0) .  There is also support available via: [Essex Young People's Drug and Alcohol Service | The Children's Society](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.childrenssociety.org.uk%2Finformation%2Fyoung-people%2Feast%2FEYPDAS&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033306786%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=v1h%2FHyag7IeBzZCmTl%2BKkAyX83duiKyc95IB1PSJIvQ%3D&reserved=0)**Promoting Healthy Relationships**Essex Youth Service has worked with a group of young people to co-create the  [‘Relationships: Bee-ing Healthy’ animation](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F29A38ED9C4CB25A4E4886182409F0F994EB003082C2B556F3B3A58F618C22BE1%2F94F7A2B723878A7DCCDB845E3CDC127D%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033320981%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=wcRTq9Uo1kTphvKsci381Uwv0yrzzSqTFPKL0vIyJcs%3D&reserved=0)This animation, created by young people for young people aims to support young people in maintain positive relationships along with identifying and leaving unhealthy ones.**Child to Parent Abuse**PEGS aims to reduce the impact of CPA by helping parents, training frontline professionals, impacting policy and raising awareness.  You can find more information here:[Child to parent abuse | Parental Education Growth Support (PEGS)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.pegsupport.co.uk%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033337103%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=o40H%2BKZBUHxj8PijGAVkEyv94u2SVQangcJZnqIqCG4%3D&reserved=0)**The Talk, Listen, Cuddle Essex campaign**The aim is to help parents, carers and families give their young children the best start in life, developing their communication skills through playful learning at home. This site hosts a range of ideas, top tips and games to support children’s language and development in readiness for school.This video explains more about the campaign: [What is Talk, Listen, Cuddle? - Essex County Council - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DzaZ-MLAeXZU&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033356683%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=wvl4KfzJc0TOQcShn8IGRLGASdUTbp6cDuHQX47G%2FnE%3D&reserved=0)Please remember to follow Talk, Listen, Cuddle on Facebook and Instagram to keep up to date:Facebook: [Talk, Listen, Cuddle | Chelmsford | Facebook](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Ftalklistencuddle&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033376796%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=NkBgrElHVvhzDUFUer%2B%2FlugbRnQHhxZDtwitadYSlRU%3D&reserved=0)Instagram: [Talk, Listen, Cuddle (@talklistencuddle) • Instagram photos and videos](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Ftalklistencuddle%2F&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033394869%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=yttDDAThGwVLrEV4TS01tZzG%2BmqViCmupz2lffeNAx4%3D&reserved=0)

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| Staff wellbeing |
| The [education staff wellbeing charter](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2Feducation-staff-wellbeing-charter&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033409491%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=wbcjJeGdcU7%2FO222pEd6qqWmjqupmwEOX8OMpp8TlFk%3D&reserved=0) is a declaration of support for, and a set of commitments to, the wellbeing and mental health of everyone working in education. It directs education staff to mental health and wellbeing resources.Guidance developed with school leaders to [improve workload and wellbeing for school staff](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2Fimprove-workload-and-wellbeing-for-school-staff&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C84ea1e0430004e3d678d08dd559aaed6%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638760845033424344%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bAdX0Q6Hee0bceSpxTKIwP5oUG384wSRAu3yF3CoiWw%3D&reserved=0) is available. It has free resources including a workload reduction toolkit and resources to help track and evaluate the impact of workload reduction measures.Teacher Support [‘Get help’](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FA5B654D42887544309F56DFA05C8B754AAE1BD23BFDB6BDBC26EFA17C3806A51%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260827034%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ATOuVz5O%2BfmmwS4Zn06mBVpZ6t1buRopo%2FJ4i814Or4%3D&reserved=0) 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. |

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| **Mental health and emotional wellbeing campaign days calendar** |
| We have provided a list of key [emotional wellbeing and mental health campaign dates](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FB29608FC915BE7569DD4BC4A43E7A56F6D2F96AD59DB631242FA573B68518422%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260844703%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=h8c3122JXE4GbMTmLgos8jYeQkYU8ARy6n%2FUcggPpac%3D&reserved=0) for the spring and summer term of 2025-2026.  |

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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%2F1018B778E42CFBF861B0F8726188667B438CE03236D36D9E4A5792C4D4F6FAD9%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260883014%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=TnalfgoQ5FHe2WLFCpSLRbtnbKJQ%2FliIm9e%2FmGUsGfQ%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. |

A purple background with white text  Contact information for reaching the SEMH Strategy Team.  Manage Preference or Unsubscirbe/ |