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| **“Say yes to the feelings, even as you say no to the behavior.”*** **Dr Dan Siegel**
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| Dear ColleagueWelcome to our half-termly newsletter update.

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| Cartoon image of adults adding puzzle pieces into a child's mind |
| "“Say yes to the feelings, even as you say no to the behavior.”"Dr Dan Siegel |
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| Dear ColleagueWelcome to our half-termly newsletter update.We're on the downhill stretch now - Term 3  - with the additional pressure it can place on CYP with exams, assessments and transitions.  We hope you find some useful information and support below... and don't forget to sign up to our first DMHL Conference in June.We still need some DMHL volunteers to help us in shaping and supporting your role, so please email SEMHStrategy@essex.gov.uk if you'd like to be involved.  Also, look out for our survey that we'll be sending out soon regarding your role and how you'd like it to develop! |

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The SEMH Strategy Team |

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| **Content:**- SDMHL Conference for Schools - come along!- Essex Frontline- Trauma Perceptive Practice- Training Opportunities- Supporting Staff Welfare- Transition Support- Campaign Calendar |

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| Senior Designated Mental Health Leaders Conference for all Schools - BOOK NOW! |
| **Date: Monday 23 June 2025, 9am to 4:30pm (£50pp) – 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. Specifically targeted at those with the role of Designated Mental Health Lead but may be useful for those working in a pastoral role. Book a place via [Education Essex Online](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FE400AA37E31E833577B07428DEF248AED9AAE20D85FA280FF464BE5D58D49618%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155850516%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=VjJqjvl0iwmoi6n7emjH2Autn2CKWHfD9R7CSTWrk5w%3D&reserved=0). |
| Essex Frontline - Referrals and signposting for schools |
| Do you want to refer and signpost families to local health and wellbeing support in your community? Then [Essex Frontline](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F1E1F97C465602C90C3C8ACAC1AC53EFFDEE1A0CC32F0DE9C750ECA4443001ADC%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155875835%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2FPaNiz5M61Pec7E7U9EUS6G1kNDLQYEPd5xGix9iR%2FE%3D&reserved=0) is the perfect tool for staff (and parents). It’s free to use and the website covers all of Essex, including Southend and Thurrock. You can also track your referrals and download data to show how you support your pupils/families. |
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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%2F9810210C838AAAA8C1A15F2FBBB69507BFAEB3852C610A476749D35D64333F85%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155900240%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=lLvgSVTSQHP30hS2P2EMZ1PXnmVdB2WD2T0bM2Py9ww%3D&reserved=0), via our [training leaflet](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F580220AF1D13ECF679D7F3E01DDFB5672E98796C1B4A8E342A5B71E9E62A2B45%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155923935%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=NPZLhTpQqY%2BkvorlHPFO7swKL%2BCdPwVVdZoUeAA3aBA%3D&reserved=0). You can also apply for TPP best practice school/setting status by emailingTPP@essex.gov.uk |
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| **Training Opportunities** |
| **Level 4 Award in Supporting Children & Young People with Social, Emotional & Mental Health Needs**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.On successful completion, you will gain the Level 4 Award in Supporting Children and Young People with Social, Emotional and Mental Health Needs and 6 Level 4 credits from Gateway Qualifications.[Level 4 Award in Supporting Children & Young People with SEMH — Eastern Partnership UK (SEND)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FACA782D43BE148C337FAFAD8173D19005A8A5FB56A1CCB4522A0A944116E8AE8%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155940658%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=byHpNvFtmqLBYmwcRJD3V4vK3BFwxuMP686Dklnn%2FII%3D&reserved=0)**School Mental Health Qualifications from Minds Ahead:**The programmes on the framework provide training and support for educational professionals at all levels, from all types of school settings, including infant, primary, junior, secondary, FE, independent, international, special, alternative provision, hospital, and prison schools.[**School Mental Health Qualifications Framework - Minds Ahead**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F48766D1646234D0ECB969A7A066A1C0111242A3C23535AFEEB7CEC3A2A3CFD9D%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155961134%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=dz%2FD1oMmII0bjDVKtlxbq2BCQtfMe4Z0cbrJJqfc3Oc%3D&reserved=0)**Free CPD Sessions and Education Events for all Schools – Belonging: How do we make Inclusion Real?**Recent studies highlight the critical role of fostering a sense of belonging in schools to enhance student wellbeing and academic success. Recognising this, a webinar is being hosted titled “[Where to Start with Belonging in Schools](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD52F82FEAFE4353C4E2D81788AE2758F4C6125E7DFBD064F879A026687CB1E3A%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946155988140%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=5eUkWoOLUNUm8uBFqRcj9NX0mvBBHtjJPFa09BYTUao%3D&reserved=0)” featuring a panel of esteemed educators and inclusion advocates. In this session, the expert panel will share insights, strategies, and practical approaches to help school leaders and educators cultivate inclusive environments where every student feels valued and connected.**Free Self-Harm Training for all Schools from Mid and North East Essex Mind**Free half-day workshops are available to professionals supporting young people affected by self-harm. The training supports the use of the “Let’s Talk About Self Harm” management toolkit, which provides guidance and resources to assist with self-harming behaviour. A 15-minute animated video to accompany the toolkit is also available for those who cannot attend the workshop. For details on how to book, and to view the toolkit and video, visit the [Mind Mid and North East Essex](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F374E131F5E2E90AD66384BE23FBAA4D08C9164030249474F895AC0C50B6C5FAE%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156012623%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=a48QCUOv%2F08PgLW9DXl3Xgfc8hhwwJ3PBRClxvGMkRI%3D&reserved=0) website.**Understanding Masking for all Schools**Date: [Thursday 26 June 2025](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F262C7469BACF43096033140BCAB380F3724B510E9717ADC1CC063E90A20232AF%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156030197%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2BOaUvHfpDqHjqo7cbSD%2FDIft5F7HDb41aainYQJH1eE%3D&reserved=0) (3:45pm to 5:15pm)This session will give colleagues the opportunity to explore the reasons why a child or young person may mask their emotions and true self. We will consider how this might present in a range of young people and the impact on their physical and emotional wellbeing. We will also cover a range of strategies to support young people.**Youth Mental Health First Aid for Alternative Provisions**Date: Tuesday 27 May 2025 and Wednesday 28 May 2025, 9am to 5pmThis is a free two-part online session. This course will provide you with knowledge, awareness and skills to spot the signs of a young person experiencing poor mental health. It will provide you with the confidence to start a conversation, the tools to safeguard and signpost to appropriate support. Book via [Education Essex Online](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F717A46B5C1E1429EF82054E515DE1D71BF372EA524AC1C38F971682ED6F3D23C%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156048933%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=69WaPakDpv4uJ68HgqeGwgUWOFgs%2FMZbypuwMAs2Rgg%3D&reserved=0).**Emotionally Based School Avoidance** (EBSA) free training: [https://www.eventbrite.co.uk/e/emotionally-based-school-avoidance-layered-learning-cpd-package-tickets-1292621438519](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F63D65FE7E32AA68B413C1E7F34CB30467181D13E99F109D46C0A66FEF0F02417%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156072373%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=GM6uD6PsustAdUoYmqimoQYYJFGibVjs07YwC7H50cA%3D&reserved=0) |

Supporting Staff Welfare |
| **Stress Awareness Month Toolkit**Teaching is one of the most rewarding jobs, but it also comes with its challenges. Too much stress, if left unchecked, can take a toll on wellbeing and even shorten careers.To help education staff recognise, manage, and reduce stress, Education Support has created a free toolkit packed with expert advice and practical strategies. Why not try focusing on a couple of resources each week and see what works for you?Download the toolkit here: [https://bit.ly/3EWlPxx](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F4AC94B7BB9CEAA523A6B763BC09FBDA55A7A9ECB5DF664BFCC57787382174147%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156097510%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=GnI9tIcKpVKicsP5h2Jj2CdpUPC50PVohR%2FIyop7ORU%3D&reserved=0)  **The Teachers’ Health Coach**Charlie Burley is based in Colchester but is working with schools and staff across the UK.  He supports teachers (both 1:1 and as a school staff) with their mental and physical health, focusing on stress, overwhelm, burnout and building mentally healthy habits. His first book *Healthy Habits For Teacher Life* with Sage Publishing is out now, and he's planning a workshop tour, sharing the principles of the book with schools and staff around Essex.The full brochure is here:  [www.theteachershealthcoach.co.uk/school-sessions](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD77AE2311D74184506BB37CBEED0B1FF6ECAEE11596E50ECA47CE051890D6CD4%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156123225%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=cn0tS0NqJaP%2FwDT95Dpnou4LJDjm6ftAQn%2B%2FEdFAj0I%3D&reserved=0) if you’d like to find out more.  You can also meet him at the DMHL Conference in June for more information.**Teacher Support Helpline**Teacher Support [‘Get help’](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F2195C8230D683E39F8AD79DC49D7E2A26F345654061ADE138AA390C2AE6EDB61%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156146840%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=2ptadjZrFN%2FWbsMmpNxu7Epap6J7IXB2QE1OxC%2Fv5Uk%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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| **Transition Support** |
| Supporting Transition to Secondary SchoolAnimation and toolkit from Anna Freud Centre: [Moving up! The transition to secondary school | Anna Freud](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF653F123C9B9CC382721C17632190AE93D2587D558067922C2A6F9114EF23BD0%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156164810%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZWsYvbe%2Fs3Rt3L%2BhL2UNGH3gH2q0%2B7mkL7MsXGUwL8k%3D&reserved=0) |

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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%2FD762697F7CA034A8B1F91F9A0E70C3E3985401F23B72DAAA9F521B0EBA0A9047%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156182108%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=RZlXrwcceSUjfSWwgifPcdEqvxR5AV%2FvNoi8FF2nS08%3D&reserved=0) for the summer term of 2025.  |

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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%2F6E5DA4AF3E81BE2D6D3A89548A8D3D3E815E13861B083AA7ADFD4758B6D772D2%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C1abb688b4f67417414e308dd832bc212%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638810946156203033%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=owhWJKNlQGeOs9%2FJ5XHw7vQpZC8JsNZLiEyxc4sWjvc%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. |

