



Essex Child and Family Wellbeing Service

Healthy Schools and Social, Emotional and Mental Health (SEMH) Strategy Teams' Newsletter

A resource to support schools to become trauma aware and health promoting environments

Audience: Essex Schools
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Welcome and Introduction

Your ECFWS Healthy Schools and ECC Social, Emotional and Mental Health Strategy Team are working together to deliver a half termly newsletter to support schools in Essex. This is intended to serve as a practical resource to aid schools on both their Trauma Perspective and Healthy Schools journeys. We urge you to share this Newsletter with your whole school community. If you would like to be added to our distribution list, please [contact us](#).

Our collaboration comes from a shared ambition to support Essex schools and settings to prioritise wellbeing and support the social and emotional development of all children and young people. It is important for schools/settings to feel supported consistently by the networks around them, and by working together our collaboration can ensure we deliver the same, consistent messages to make your journey a simpler one.

Healthy Schools

Latest News

Healthy Schools Profiling Visits

Following the launch of the update Essex Healthy Schools Programme in September, our Healthy Schools Engagement Workers (HSEW) have started carrying out the annual Healthy Schools Profiling Visits which provide schools with the opportunity to discuss the Healthy Schools Expectations along with any health and wellbeing concerns they have. The visits are being planned in clusters within half termly blocks. Your HSEW will contact you to arrange the visit however, in the meantime, please do contact them for any advice, support, and guidance.

Healthy Schools Projects

We would like to thank those of you who have given us positive feedback about the introduction of Healthy Schools Projects; we're delighted that so many of you have contacted us as you're keen to get started. We are advising schools to contact their Healthy School's Engagement Worker so they can actively support you with the coordination of these needs led outcome-based health and wellbeing projects. We are going to be presenting all schools that submit a Healthy Schools Project with a certificate; this will include a logo indicating the theme of project. Schools can then choose to nominate themselves for a 'Healthy Schools Best Practice Award'.

Enhanced Status and Action Plans

If your school has recently submitted or is working on an action plan (previous model) please continue to do so. Our Healthy Schools Engagement Workers will continue to support your school through this process. Any future work will then be done using the new model.

PSHE Education - Equipping pupils for a digital world

We know that some of our schools are planning Healthy Schools Projects based on increasing the number of pupils who feel equipped to manage their lives safely in a digital world. Below are some helpful resources that can be incorporate into these projects.

Education for a Connected World

[Education for a Connected World](#) is a tool for anyone who works with children and young people. It enables the development of teaching and learning as well as guidance to support children and young people to live knowledgeably, responsibly, and safely in a digital world.

It focuses specifically on eight different aspects of online education:

- Self-image and Identity
- Online relationships
- Online reputation
- Online bullying
- Managing online information
- Health, wellbeing, and lifestyle
- Privacy and security
- Copyright and ownership

The framework aims to support and broaden the provision of online safety education, so that it is empowering, builds resilience and effects positive culture change

Be Internet Citizens - Key Stage 3-4

The PSHE Association has quality assured [Be Internet Citizens](#), a set of five free lessons produced through a collaboration between Google, YouTube and the Institute for Strategic Dialogue (ISD). These materials support students to become better digital citizens by developing their critical thinking, media literacy and ability to assess the reliability of digital content.

The lessons explore:

- how to identify online disinformation and misinformation
- how filter bubbles and echo chambers affect the information we see
- the impact of bias in writing and how bias is used online
- the consequences of stereotyping, for individuals and society
- freedom of speech and how to challenge online bullying or hate speech

These lessons will support schools to meet requirements to teach 'Internet safety and harms' and 'Online and media' outlined in statutory Relationships, RSE and Health Education guidance

Exploring Cybercrime

The National Crime Agency is aware of an increasing number of young people engaging in acts of cybercrime, often having been encouraged to do so by criminals in hacking forums or via online gaming. These two key stage 3 [lesson plans](#) explore the risks involved in committing cybercrime and will help your pupils to recognise and avoid the techniques used to manipulate young people online.

The lessons aim to help students:

- recognise what cybercrime is, and its causes
- avoid manipulation online
- explain the effects of committing cybercrime for both the target and perpetrator

- seek support and understand the positive pathways for young people interested in computing

National Online Safety Guide

National Online Safety campaigns to keep pupils safe online. Each week they provide a [free](#) platform guide for schools to share with their parents

Please contact your Healthy Schools Engagement Worker if you would like support in developing a Healthy Schools Project on equipping pupils for a digital world.

Essex Healthy Schools Information

To find up to date information about Essex Healthy Schools and to view all the HSSEMH newsletters, please click on the link below.

[Healthy Schools - Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](http://essexfamilywellbeing.co.uk)

Pastoral Forums

Pastoral forums provide an opportunity to share experiences, challenges, ideas, evidence, and good practice around supporting health and wellbeing outcomes for children and young people.

The leadership and pastoral staff who attended last term's forums benefitted from sharing their experiences and support ideas during these challenging times. The feedback suggested that most attendees prefer the virtual meetings so they will be delivered this way in the summer term.

Feedback given:

"This was the first meeting I've attended, and I found it so useful. The information on local support services and what they offer is brilliant and the opportunity to network with others is very helpful."

"I like the virtual meetings because they save travelling time. I'd personally prefer it to continue this way".

4 th November	Primary Schools	Mid and North Quadrants
10 th November	Secondary Schools	South and North Quadrants
11 th November	Secondary Schools	Mid and North Quadrant
24 th November	Primary Schools	South and North Quadrant
1 st December	Primary Schools	West Quadrant
1 st December	Secondary Schools	West Quadrant

To reserve a place please contact your local Healthy Schools Engagement Worker (details at the bottom of this newsletter)

Did you know?

Active Essex

KS1 Awards now open (deadline 10th November) - Recognise excellence in delivery of physical activity, school sport and physical education in Key Stage 1. Active Essex is offering schools the opportunity to apply for the KS1 Physical Education, Sport & Activity Mark. Applications will be assessed by a panel assembled by Chelmsford Schools Sport Partnership and Active Essex, which may include a verification visit by a relevant member. To apply and for more information, please visit:

<https://www.activeessex.org/children-young-people/physical-activity-at-school/ks1-awards/>

Making the most of the Primary PE and Sport Premium Funding: A recording of the recent Active Essex webinar presentation from Anthony Seaman and Steve Bish, Active Essex's highly experienced Education Practitioners: <https://www.youtube.com/watch?v=rTZto2IAQUs>

More information and resources on the subject of Primary PE and Sport Premium is available on the Active Essex Website: <https://www.activeessex.org/children-young-people/physical-activity-at-school/primary-pe-and-sport-premium/>

Essex Health Series - the next Essex Health Series event is focusing on “Understanding the benefits of physical activity on young people’s mental health”

You can register your space on the webinar taking place on Thursday 25th November 9:30-10:30 [here](#)

SEMH Strategy

Latest News

Social, Emotional and Mental Health Teaching and Assessment Resources

We hope you have had time to explore our new [SEMH Portal](#) on Essex Schools Infolink. It replaces the previous Emotional Wellbeing and Mental Health information Portal, which has now been removed

On the new pages, you will find guidance, resources and signposting:



This term, we would like to draw particular attention to the ‘*Useful Links, Advice and Support*’ section, where you will find a wealth of useful advice, guidance and support available. We have included direct links to local directories and there are also sections specifically for:

- Education Settings
- Children and Young People
- Families

Please take a look here: [Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - Useful Links, Advice and Support \(essex.gov.uk\)](#)

Senior Mental Health Lead Training

Following lots of publicity recently, we are pleased to share that the National Network of Mental Health Leads website is now hosting the bookings for two possible face-to-face courses in Essex. These will all be led by local trainers. Both courses are 3 days:

- National Educational Leaders in Mental Health (NELMH)
- Advanced Designated Mental Health Lead (ADMHL)

Please look at the website for which course is most suitable for your school needs. You can follow the links for booking from here: www.mentalhealthlead.com

Information about how to apply for the grant can be found on the DfE website: [Senior mental health lead training - GOV.UK \(www.gov.uk\)](#)

Emotional Wellbeing Mental Health service (EWMHS) Educational Psychologist Telephone Helpline

Did you know that EWMHS and the Educational Psychology Service (EPS) can provide any member of school staff with the opportunity to discuss concerns they may have regarding the emotional wellbeing of pupils with an EP. The service is designed to be early intervention providing a confidential, anonymous

consultation and an opportunity to discuss areas of concern and develop an understanding of how to respond in these situations to better support needs in school/settings.

For significant concerns about an individual, schools can continue to refer to the EWMHS Single Point of Access (SPA).

Helpline Information: [EWMHS school helpline.pdf \(essex.gov.uk\)](#)

Email Contact: EWMHSSchoolsAdvice@essex.gov.uk

Trauma Perceptive Practice (TPP) News

To find out more about TPP and how you can get involved, please see our information pages: [Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - SEMH Training \(essex.gov.uk\)](#) or contact us at tpp@essex.gov.uk

Celebrations!



We would like to congratulate the following schools and settings for their completion of all 9 TPP Elements:

- Bardfield Primary School
- Ghyllgrove Primary School
- The Ark (Enhanced Provision)
- Grow Secondary (Enhanced Provision)

We look forward to learning about the impact TPP has had on your practice and policy.

We invite all TPP schools to share their examples of Best Practice for others to learn from on Hive.

Meet the Team

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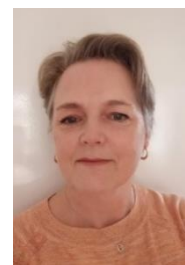
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Checkout our websites for more information

www.essexfamilywellbeing.co.uk

<https://schools.essex.gov.uk/pupils/SEND/Pages/SEMH---Trauma-Perceptive-Practice.aspx>

[https://schools.essex.gov.uk/pupils/Emotional Wellbeing and Mental Health Information Portal for Schools/Pages/default.aspx](https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx)

Support Websites

Directories of Support

Directory name	Provides	Link
Essex Child & Family Wellbeing Service	Provide a range of child and family services throughout Essex that are free at the point of delivery.	https://essexfamilywellbeing.co.uk/
Essex Effective Support	The Effective Support Windscreen illustrates how Universal, Early Help (Additional and Intensive) and Specialist services in Essex are	https://www.essexeffectivesupport.org.uk/

	provided. Website includes Children & Families Hub Request for Support Portal.	
Essex Local Offer	Online directory of Services and support for special educational needs and disability.	http://www.essexlocaloffer.org.uk/
Essex Map	Online resource to help find the groups, services, and activities who are working to better the community, rather than focusing on profit.	https://www.essexmap.co.uk/
Essex Schools Info Link	Mental Health Information Portal is designed to support schools in finding online material and content in supporting children and young people in educational settings.	https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx
SNAP	Special Needs and Parents includes directory of support for families.	http://www.snapcharity.org/index.php/information
Southend Essex Thurrock Domestic Abuse Board (SETDAB)	Southend, Essex and Thurrock domestic abuse partnership website, providing advice and information on services for those affected by domestic abuse	https://setdab.org/
Getting Help in Essex	Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic.	https://www.essex-gethelp.uk/

Do you need support regarding a particular child or young person?

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex Tel: 0300 247 0014
North Essex Tel: 0300 247 0015
South Essex Tel: 0300 247 0013
West Essex Tel: 0300 247 0122

Health, Sex and Relationships Education Support

PSHE Association <https://www.pshe-association.org.uk>

Brook <https://www.brook.org.uk/>

Sex Education Forum <https://www.sexeducationforum.org.uk/>

Emotional Regulation Support

Support children (and adults) to self-regulate and build their understanding of their own behaviour and emotions <https://keepyourcooltoolbox.com/>

Mindful Magic <https://www.mindfulmagic.info/schools>

Emotional Wellbeing Support

Anna Freud – Mentally Healthy Schools <https://www.annafreud.org/insights/news/2020/09/framework-launched-to-support-schools-to-develop-whole-school-approach-to-mental-health/>

Young Minds <https://youngminds.org.uk/>

SEND

PSHE Association – SEND Hub <https://www.pshe-association.org.uk/content/send-hub>

MENCAP <https://www.mencap.org.uk/advice-and-support/children-and-young-people/sen-support>

Multi-schools Council <https://www.multischoolscouncil.org.uk/>