

## Mental Health Champions Newsletter – Summer '1' 2023

**Dear Champions,**

Welcome to the latest MHC newsletter. We always hope that you find the MHC project useful, and we are always looking for ways to improve it. The fundamental purpose of the project is to offer information, guidance and training to a representative in each Bradford School to enable them to share information with colleagues on how to best support students with their mental health and emotional wellbeing. The intention of our offer has always been to give staff additional skills and confidence to manage situations that arise in school in your day-to-day roles, and as such the MHC project does not replace direct, specialist help for students. We are beginning to plan for next year's project, so if you have any useful feedback for us, please let us know.

### **Local News and Information**

#### **Educational Psychology Team Spotlight Conference: Mental Health in Schools**

*Time:* Wed 05 Jul 2023 09:00-12:00

*Venue:* Margaret McMillan Tower

*Price per delegate:* £50 (unless part of package of all 3 Spotlight conferences).

*This conference is available to **all** educational staff and settings are welcome to send more than one delegate. The outcomes of the training are to support educational staff in areas currently identified as key concerns:*

**1. Supporting children and young people who self-harm - presented by Dr. Claire Cooper-Jones, Lead Specialist Senior EP.**

This session will introduce delegates to the warning signs that may indicate use of self-harm, how educational staff can talk to young people about self-harm, and ways in which staff can support student who use self-harm.

**2. Emotion-Based School Avoidance – presented by Dr. Joe Wilson, Senior EP.**

This session will explore what we mean by emotion-based school avoidance (EBSA), how and why it may develop and be maintained, and what current research suggests are the best ways of supporting children, young people and families through it.

**3. Staff Wellbeing – presented by Dr. Kay Tasker-Smith, Specialist Senior EP.**

This session covers ways in which educational settings can promote and support a positive culture of staff wellbeing and mental health, as well as ways for individual staff to ensure they prioritise their own wellbeing within the challenging climate of education.

*Audience:* SLT, SENCO'S, Teachers, Mental Health Champions, DfE Leads, Support and Pastoral Staff.

This conference will need to be booked on [www.skills4bradford.co.uk](http://www.skills4bradford.co.uk) Course code: 179826

Click <https://www.skills4bradford.co.uk/Event/179826> for details.

**Please remember to share this newsletter with colleagues! Thank you**



Bradford Educational  
Psychology Team



## **National news and information:**

### **Young Minds: Supporting students through exam season**



Young Minds have produced some advice on how schools and colleges can support students through what can be a difficult period. Please visit the website by clicking [here](#) for more information or by visiting <https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams> or <https://www.youngminds.org.uk/media/mqljrydj/staying-well-during-revision-and-exams.pdf>

### **Young Minds: Transition from Primary to Secondary School**

Young Minds also offer guidance for young people and parents around transitions. Please visit <https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/>

### **Anna Freud Centre: Supporting students to feel safe**

The Anna Freud centre have created a new video for education staff which looks at the importance of creating a safe environment in schools and colleges and practical ways that staff can help students feel safe. The video is presented by Hannah Woods, Head of Service for the Schools and Colleges Early Support Service at the Anna Freud Centre. Many of you may remember Hannah from her previous role as an Educational Emotional Wellbeing Practitioner attached to Bradford Educational Psychology Team.



### **Featured Service**

In light of the devastating news of the death of Headteacher Ruth Perry, we would like to remind staff of the places they are able to access support in relation to workplace stress and other aspects of emotional wellbeing:

Emotional wellbeing support is available for Headteachers and Senior Leaders including access to a wellbeing check with a health professional, subsequent counselling and therapy offer and a phonenumber/messaging service.

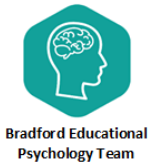
- Access a wellbeing check with a health professional
- Subsequent counselling and therapy offer
- Phone Line/ Messaging Service

Complete your details on the contacts page - <https://www.awc-counselling.co.uk/contact-us> In the message section please state Headteachers and senior leaders wellbeing check and you will be contacted in 24 hours to arrange a wellbeing check.

Alternatively, you can phone 01535 288335 or 01535 288332 and request a Headteachers and Senior leaders wellbeing check.

<https://bso.bradford.gov.uk/news/19867-pathway-of-support-for-headteachers-and-teachers>

**Please remember to share this newsletter with colleagues! Thank you**



## Other sources of support, information and counselling for educational staff:

Bradford Healthy Minds Chartermark and DfE Senior Mental Health Leads - include sections on Staff Wellbeing.

EP Team spotlight conference – section on Staff Wellbeing by Dr Kay Tasker-Smith (see page 1) or visit <https://www.skills4bradford.co.uk/Event/179826>

[Qwell](#) - Free digital mental wellbeing support for adults across the UK from the providers of Kooth.

National organisations e.g. [MIND](#), [ReThink](#), [Heads Together](#), [MindEd](#).

## Diary Dates

### Parent Workshops

The Summer parent workshops are:

Thurs 22nd June 9.30-11am or,

Thurs 22nd June 1.00-2.30pm or,

Fri 23rd June 9.30-11am or,

Fri 23rd June 1.00-2.30pm.

- Title/content to be confirmed at a later date.

*All sessions are online, via Microsoft Teams.*

Please note that these are group events and we are unable to offer any individual advice during or following these sessions.

### Governor Training

Thursday 20<sup>th</sup> July 9.30am

Thursday 20<sup>th</sup> July 1.30pm

*Both sessions are online, via Microsoft Teams.*

Please note - these sessions are a REPEAT of the previous 2 sessions. Governors are welcome to book for a refresh, but the sessions are aimed at Governors who missed the initial sessions earlier this year.

*Don't forget that you can always access up to date information about the MHC project, including dates of upcoming events and links to useful resources and other local services at our pages on BSOL:*

**MHC Core:** <https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk>

**MHC Plus:** <https://bso.bradford.gov.uk/content/mental-health-champions-plus>

*Please ensure all MHC queries go via the main MHC inbox at [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk) rather than to personal inboxes – this helps to ensure we can reply more efficiently. No need to copy-in individuals - your email will be picked up by the relevant person.*

**Please remember to share this newsletter with colleagues! Thank you**