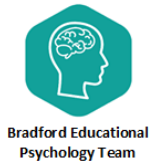


MENTAL HEALTH CHAMPIONS NEWSLETTER



Spring 2025

Dear Champion,

It was lovely to see so many of you at this term's Mental Health Champions network meeting recently. The meetings are always a good opportunity for Champions to ask questions, share ideas and resources as well as learn about something new. This time Georgina introduced the Resilience Ship and some information about Motivational Interviewing, and Living Well Schools provided an overview of the support they can offer to schools.

We hope to see you next time if you were unable to make it!

Sophie and the Mental Health Champions team



1. Local News and Information

THRIVE Toolkit for Schools: As shared at the recent Mental Health Champions network meeting, we are almost ready to start linking with identified members of staff in individual schools to explore and help them clarify what the THRIVE Framework looks like in their setting (the THRIVE Framework aims to outline all of the support available to people at different levels of mental health need; *Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support*).



We have produced a “**THRIVE Toolkit for Schools**” document which details the interventions, approaches and support that schools could offer within each domain of the THRIVE Framework. We will then help the identified member of staff adapt and tweak this document so that it reflects the offer available in their particular school; this can then be shared for a range of audiences that the school's offer is clear and accessible.

We aim to link with around 85 schools before the end of this academic year and will begin by engaging with many of the schools who have engaged with various elements of Bradford's mental health offer in recent years (e.g. Mental Health Champions Plus, Bradford's Healthy Minds Chartermark programme or the DfE Senior Mental Health Lead programme), as well as some of the schools who have been less engaged. In some cases we will link with the named Mental Health Champion but it may be somebody else, depending on each school's circumstances.

We will be in contact with individual schools in the next few weeks to begin this process.

MHC Network Meetings: Georgina ran the MHC Network meeting recently, which included some input from Living Well School about how – through their Emotional Wellbeing offer – they support schools to foster a supportive culture where emotional wellbeing is integrated into every aspect of the school system.

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Georgina also provided some input about Motivational Interviewing (which is an intervention that fits best within the **Getting Help** and **Getting More Help** domains of THRIVE Framework) as well as Resilience Boat activity, which would fit best within **Thriving**. Champions also had time to reflect on how they see their role as Champion, to share resources and to ask questions.

Dates for the Summer term meetings are:

Tues 10th June, 1.00-2.00

Thurs 12th June, 9.30-10.30

Thurs 12th June, 1.00-2.00

Please see Skills4Bradford for full details and to sign up; Champions are encouraged to come to meetings where they can.



DfE Senior Mental Health Leads training: Kay has provided this update: "As you might be aware, the grant funding for the DfE SMHL Leads course has come to an end. We are hoping to continue it next year but as yet need to work out how we should proceed with offering this course without the grant guarantee. We should be in a position by the next newsletter to let you know how this course is going to be made accessible"



Healthy Minds Chartermark: Kay has provided this update: "We are delighted to announce that **Park Aspire AP Academy** has now achieved Beacon school status and will be yet another great role model in Bradford for excellent practice at Silver, Gold and Platinum levels of the Chartermark. **Grove House Primary School** have achieved Gold through demonstrating their ability to use data to identify need and show impact. In addition, both **Lilycroft Primary School** and **Swain House**

Primary have achieved their Silver Chartermark award after working really hard to ensure the whole school approach is embedded and of a high standard: this is the hardest award to achieve so congratulations to them both! They will of course with all the other schools be receiving their award in July.

"This year we have over 30 schools undertaking the different levels of award for the Chartermark and the quality of the evidence we have seen submitted is very high. Another great feature of these schools is that they hardly ever permanently exclude pupils. As you will appreciate, this is so important in making sure that our Bradford children don't suffer the negative effects on mental health and future opportunities that are so often associated with permanent exclusion. These schools have a robust toolkit to deal with SEMH, both preventatively but also in times of crisis, and the Chartermark is shining a light on the quality of the provision in place.

"We already have a waiting list for schools to join us for 2025-26, but we always have space for more! Please email me on kay.tasker.smith@bradford.gov.uk if you would like to put your name down to do the Healthy Minds Chartermark next year.

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Emotionally Based School Avoidance: The [EBSA page on Bradford Schools Online](#) has a wealth of information and resources for responding to EBSA, as well as details of FREE training sessions, FREE consultation sessions about individual students and parent workshops. There is also a 20 minute webinar explaining about EBSA which is well worth a watch.



...to the Healthy Minds Chartermark Award Ceremony!

~ The Midland Hotel, 1-5pm, Tuesday 1st July ~

All schools are welcome to send a representative to attend the Healthy Minds Chartermark Award Ceremony this academic year, so you can find out how schools achieving the Chartermark are having an impact on pupil mental health.

There is no charge for this event!

Awards will be handed to schools achieving Silver, Gold and Platinum/Beacon School status.

Our Gold Award schools will be presenting how they have used data to identify mental health needs as well as meet them, so delegates can see the range of practice in our schools and gain ideas on how they might like to develop their own practice.

We will also be having presentations from the Educational Psychology Service on research on mental health and relational practice.

Basic refreshments will be provided



If you are curious about the Healthy Minds Chartermark and would like to attend the ceremony, please contact kay.tasker.smith@bradford.gov.uk to request a place (tickets will be given out on a first come first served basis).

Mental Health Leads Resource Hub: The DfE and Anna Freud Centre have collated a range of resources that schools can use to support their whole-school or college approach to mental health and emotional wellbeing, via the [mental health leads support hub](#) or the [resource hub for staff](#). Resources can be filtered according to features such as age, theme and type of school and there is all sorts of information available, including lesson plans, guidance and free e-learning materials on a wide range of topics. It is well worth a look!



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3. Featured service



Living Well Schools: Living Well Schools (www.mylivingwell.co.uk/schools) is the Healthy Schools programme for Bradford, making it easier for schools to become health-promoting environments by removing health-related barriers to education; including barriers relating to mental health. Living Well Schools was born from the need to streamline the integration of health and wellbeing resources into schools, addressing common challenges many school leaders face when prioritising and navigating the myriad of offers available.

Living Well Schools work with Senior Mental Health Leads in schools, offering flexible support to enhance emotional wellbeing provision. This support includes:

- A [profiling tool](#) covering 10 key domains to support with implementing a whole school emotional wellbeing offer
- Providing key links to local mental wellbeing stakeholders across the district
- A School Lead to support with signposting and identifying gaps in provision
- A comprehensive suite of [facilitated providers](#) and [independent-led resources](#)
- Access to CPD and training for staff

To find out more, please contact schools@mylivingwell.co.uk

5. Further information and contact details

Mental Health

Healthy Minds

Bradford Healthy Minds Chartermark

DfE Grant Funded Senior Mental Health Lead Trainin

Education Emotional Wellbeing Practitioners Team

Healthy Minds - Services Directory for Schools

Healthy Minds Wellbeing Intervention Training

Mental Health Champions CORE

Mental Health Champions PLUS

Self Harm in School

Keep an eye on the existing Mental Health Champions Plus page on BSO, and your email inboxes, as this is where (for now!) we will share key updates and information between Network meetings.

Need to notify us of a change of Champion? Thank you, it helps us to have an up-to-date mailing list! Please email mhchampions@bradford.gov.uk to register any changes.

Any other questions? Please email mhchampions@bradford.gov.uk and we will get back to you as soon as possible.

PLEASE SHARE THIS NEWSLETTER WITH YOUR COLLEAGUES!