

MENTAL HEALTH CHAMPIONS NEWSLETTER



Bradford Educational Psychology Team



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL



Summer 2025

Dear Champion,

Here is your termly round up of the latest news regarding mental health and emotional wellbeing support for schools in Bradford! We are lucky to have such a wide and varied offer available (handily summarised in the Revised THRIVE Toolkit for Schools – see below) and know that schools find it extremely valuable.

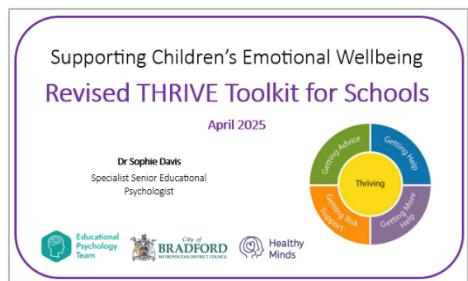


We are currently busy working with our commissioners to agree what the Educational Psychology element of this offer will look like for next academic year. We will share this with you as soon as we can.

In the meantime, thank you for your continued support and engagement this year. Enjoy your summer holiday when it eventually arrives!

Sophie and the Mental Health Champions team

1. Local News and Information



Revised THRIVE Toolkit for Schools: This document is now complete and ready to share! *The Revised THRIVE Toolkit for Schools* summarises many of the approaches, interventions and resources that schools can use to meet the needs of children at different levels of mental health need, from those who are **Thriving** all the way through to those who are **Getting Risk Support**. It also signposts to where you can find information about other avenues of support (e.g. via Health and third sector organisations), so is a really helpful document to be aware of in your role as Mental Health Champion.

Copies are available to download from the new [Mental Health Champions page](#) on Bradford Schools Online (this replaces the previous Mental Health Champions Plus and Mental Health Champions Core pages). Alternatively, please request a copy by emailing mhchampions@bradford.gov.uk .

Linking with schools: As described in previous newsletters and network meetings, we are hoping to link with 85 identified schools this term, to help them use the *Revised THRIVE Toolkit for Schools* to clarify what their school's THRIVE offer looks like. We have emailed the registered Mental Health Champion for these schools in the first instance but are happy to liaise with somebody else in school if they are better placed to have this conversation. *If you have received an email from us but don't think you the most appropriate person for us to link with, or if you're not in a position to take us up on this offer at the moment, then please let us know!*

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Mental Health Champion network meetings: The final meetings for this term are taking place this week (Tuesday 10th June, 1-2pm / Thurs 12th June, 9.30-10.30 and 1-2pm). Bookings have now closed on Bradford Schools Online but last-minute additions can usually be accommodated if you email mhchampions@bradford.gov.uk.



Healthy Minds Chartermark: We still have some tickets available for this event, which promises to be a great afternoon:

Healthy Minds Chartermark: Awards & Shared Learning event

Tuesday 1st July, 1300-1700, Midland Hotel BD1

Be inspired and learn from a range of practices and approaches to supporting mental health and wellbeing in Bradford District schools

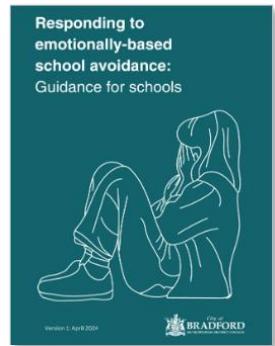
- ✓ Sharing **good practice presentations** from Gold Award schools across Bradford District
- ✓ Educational Psychology Service presentations on **mental health research** and relational practice
- ✓ Entertainment from **City of Culture 2025 Young Creatives**
- ✓ Light **Refreshments** and Snacks
- ✓ Up to two **free staff places** available per school

Schools booking link: <https://tinyurl.com/HealthyMinds25>
Queries and non-school bookings: kay.tasker.smith@bradford.gov.uk



Emotionally Based School Avoidance: As the end of an academic year approaches, it may be a good time to reflect on the support and processes you have in place for young people who are struggling to attend due to emotional barriers. Resources and guidance, including a short webinar for school staff can be found here: [Responding to emotionally based school avoidance \(EBSA\) | Bradford Schools Online](#)

Please think about sharing the webinar widely with your staff to support a compassionate holistic approach throughout your school.



EBSA Guidance Training: We have received positive feedback from our guidance training which has supported schools who have attended to set up processes to support young people who are struggling to attend school. The last of this year's sessions will be delivered on Tuesday 24th June and can be booked here, by 17th June: <https://www.skills4bradford.co.uk/Event/242401>.

EBSA Workshops: The final workshop of the year is also happening on Tuesday 24th June (pm) help you think about supporting students with returning back to school in September, and how you can plan for this. This can be booked via this link, by 17th June: [September return support plans](#)

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If you have any problems with booking the courses, please email saabrin.hussain@bradford.gov.uk



Education Emotional Wellbeing Practitioners: The EEWP team currently have limited availability for workshops, and group interventions and Therapeutic Story Writing this half term and have also opened waiting lists for next term. As time is tight for accessing support before the end of term, please enquire as soon as possible by contacting Edemotionalwellbeing@bradford.gov.uk.

Further information about the EEWP Team can be found on [their page](#) on Bradford Schools Online.

3. Featured service



Kindness, Compassion and Understanding (KCU): KCU is an award winning, fully funded anti-bullying campaign available to primary and secondary schools, colleges and SEND provision.

The Healthy Minds Apprentices have created an exciting movement aimed at addressing the issues of inequality, discrimination, loneliness, poverty, hate crime, social exclusion, bullying and prejudice that impact on the mental health and wellbeing of children and young people in Bradford District and Craven. The multi award-winning campaign, titled **Kindness, Compassion and Understanding** aims to inspire young people to make a conscious effort to make better life choices, learning to use emotions of empathy, patience and respect in their school and community. The campaign acts as an early intervention and prevention tool.

Originally launched in November 2020 on World Kindness Day, KCU workshops have reached over 15,000 children and young people across primary, secondary and college levels with great praise and impact. In 2022, KCU received an honourable Bradford Community Star Award, under the 'Values in Action' category. In October 2023, the Healthy Minds apprentice team received a 'Child Friendly' Celebrate as One award for their positive impact on the health and wellbeing of young people in Bradford District and Craven.

Workshops: Delivered by the Healthy Minds Apprentices, aged 16-24, the KCU interactive classroom workshops offer positive peer mentoring a support, meeting PHSE and OFSTED requirements, catering to all learning styles and abilities. Workshops last between 35-50 minutes depending on the age group. Workshop resources are tailored to each specific age range ahead of delivery; KS1, 2, 3 and 4, College years and SEND provision.

Our KCU programme is fully funded, there are no costs or fees attached to this programme. We recommend setting up an appointment to view resources before booking.

For more information about KCU or to make a booking, please contact:

Isha Ali - Healthy Minds Apprentice Coordinator - Isha@allstarents.co.uk

Michael Davis – All Star Operations Director – Michael@allstarents.co.uk www.allstar.org.uk

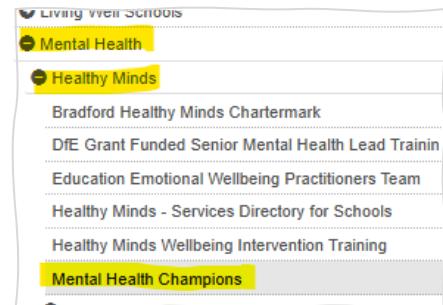
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5. Further information and contact details

We have slightly reorganised the mental health pages on Bradford Schools Online so that it aligns with our current offer. Information relating to Mental Health Champions can now be accessed [here](#).

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!

