

# BE YOU UPDATE

## Children's Mental Health Week- Competition time

We saw some brilliant things happening in schools celebrating Children's Mental Health Week.

The theme of "Express yourself" has been taken on board with some fantastic ideas with children and young people expressing themselves in many creative ways with clothing, drawing their feelings, drama pieces, and many other examples.



As schools return to full opening we would like to see our children and young people continuing to talk about and reflect on their feelings. To that end we would like to run an "Express Yourself" competition.

Entries can take any form at all- artwork, poems, stories, photographs, video, really there are no limits. They can be sent electronically to [beyou@northumberland.gov.uk](mailto:beyou@northumberland.gov.uk)

Closing date for entries will be **March 19<sup>th</sup>** which will allow for judging and announcing the prizes at Easter time.

## Wellbeing for Education:

Following the successful SMHL conference and the subsequent twilight catch up sessions, The Be You team have developed a [Wellbeing for Education padlet](#).

The Northumberland training was written / organised to include whole school support, with a focus on social scaffolding; support for pupils, with a focus on anxiety, low mood, stress and / or trauma; staff wellbeing, with a focus on the PERMA model (Seligman, 2011).

The training was primarily delivered through the SMHL conference and / or twilight sessions for some. The team would like to thank all who attended and contributed in such a positive way, allowing it to gain an insight into current issues and practices, so it can tailor subsequent work to meet needs. From the feedback obtained, participants valued the reminders given about psychological theories in the approach to support, in addition to the explicit focus provided on the wellbeing of staff as well as pupils. On the padlet there is an offer to sign up to **drop in sessions** to allow colleagues to network in preparation for delivery in their settings or to discuss delivery in their setting.

If any settings have success stories they would like to share then we would be keen to hear about them, so we can continue to capture and share good practice. There are links to the documents capturing these successes on the padlet under the SMHL message board column.

### Free training available:

There are currently some free CPD training courses available to school staff offered by mental health charities [Place2be](#) and [Family Links](#).



Place2be are offering an [online mental health champions course](#) free for teachers and school staff.



Family Links are offering an online course in [Mental and Emotional Health in schools: Effective Strategies and Support](#)

These courses look like they will address some of questions that have been raised such as identifying and assessing young people with mental health needs.

### Psychological First Aid:

Public Health England have developed a new [online training course](#) which aims to bolster the support available to children and young people and help systems to intervene early in crisis situations such as the COVID 19 response. This free course is available to all sectors of frontline workers, volunteers and anyone who is in regular contact with children and young people.

### Whole School Mental Health and Wellbeing Audit:

One of the most common questions being asked by newly in post SMHLs is “where do I start?”

The Be You team would recommend using the “Promoting Emotional Health and Wellbeing Checklist” available on the [Be You Padlet](#) which is intended to support a school led approach to improving wellbeing and ensuring an emotionally healthy environment. The final page offers an opportunity to generate an action plan.

It would be useful for us to get some feedback on the document and if schools were happy to share their action plans it would help us to inform further support and training.

Please contact [nell.gair@northumberland.gov.uk](mailto:nell.gair@northumberland.gov.uk) if you would like further information or to share your findings/action plan.

### Friends Resilience training:

A reminder that the Friends’ resilience training is available to all schools. You can request more information and log in details via the Be You Padlet.

Friends have four programmes targeting different age groups from 4 years to adults so is suitable for all schools. We have seen it being delivered to whole school cohorts and also to smaller targeted groups. Please see the padlet for further details.

