



# Be you Be Prepared

## WELCOME BACK

As we enter into a new academic year, we hope you are all feeling refreshed after a lovely, relaxing summer break. September is a great time in schools when everything is new, fresh and exciting. We wanted to take this opportunity to wish everyone well for the new school year and provide some reminders of dates and upcoming events.

### In this issue:

- Mental Health Awareness days
- Resources from Be You
- Dates for your diary
- Requesting support
- Book recommendation

### Mental Health Awareness Days– Autumn Term 1

**September 10th**—World Suicide Prevention Day

**September 19th**– Youth Mental Health Day– Connect Meaningfully

**September 20th–25th**– International Week of Happiness at Work

**All of October**– Black History Month

**October 10th**– World Mental Health Day

### Mental Health Awareness Padlet

We've made a helpful [padlet to support schools with mental health awareness days](#).

You may wish to use the resources for assemblies, teaching or for raising awareness within your school community.

You can find all of our other padlets [here](#)

### DATES FOR YOUR DIARY

- Meet the team days:

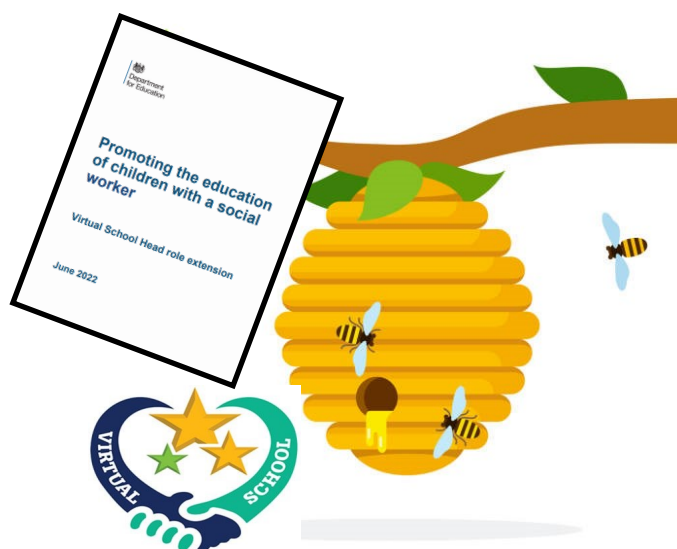
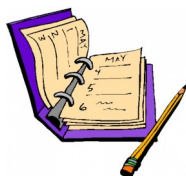
**Trailblazer Only**

Hexham Torch Centre, 12/9/22, 2pm–5pm

Blyth Community Enterprise Centre, 13/9/22, 2pm–5pm

- **October Hive Meeting 03.01.22**

Everyone Welcome



Our next Hive Meeting will be on **03/10/22** for **all phases**.

We will be exploring the new duty on schools for children with a social worker with guest speaker **Tara Prescott** from **The Virtual School**.

**Zoom link to follow**



## Referral Routes

What?	How to Refer	More Information
<b>FRIENDS, RESILIENCE PROGRAMME</b> A CBT programme aims for children and young people aged 4-18 aimed to build resilience skills.	Click <a href="#">here</a> for the Microsoft form sign up.	On the Be You Padlet. To access, click <a href="#">here</a> .
<b>PRIMARY MENTAL HEALTH SERVICE</b> Support from the Primary Mental Health Service, including Educational Mental Health Practitioner support.	Click <a href="#">here</a> for the PMH website for referral details.	On the Be You page on the PMH website. To access, click <a href="#">here</a> .
<b>BESPOKE SUPPORT</b> Be You provide bespoke support for school settings depending on their needs.	Email: <a href="mailto:beyounorthumberland.gov.uk">beyounorthumberland.gov.uk</a>	On the Be You Padlet. To access, click <a href="#">here</a> .
<b>PEER MENTORING PROGRAMME</b> This programme aims to support training of young people promoting positive change in every day issues from friendships to academic achievement following structured	Click <a href="#">here</a> for the Microsoft form sign up.	On the Be You Padlet. To access, click <a href="#">here</a> .

## REQUESTING SUPPORT; TRAILBLAZER ONLY

From September 2022 there will be a change in the way that schools may request support from the Be You Team.

Click the picture to the left to access referral route information.



Be you



**C.A.R.E.**  
NORTHUMBERLAND  
Caring about Adversity, Resilience and Empowerment

[NLAND.UK/CARENORTHUMBERLAND](http://NLAND.UK/CARENORTHUMBERLAND)

## SPRING TERM SMHL & DSO COMBINED CONFERENCE

We are delighted to announce that our Spring Term SMHL conference will be in collaboration with The Virtual School and C.A.R.E. Northumberland.

Date: 08.03.23

Full details to be announced

## BOOK RECCOMENDATION

### When the Adult Changes, Everything Changes by Paul Dix

"In *When the Adults Change, Everything Changes: Seismic shifts in school behaviour*, Paul Dix upends the debate on behaviour management in schools and offers effective tips and strategies that serve to end the search for change in children and turn the focus back on the adults."

"When The Adults Change" takes a critical look at current behaviour systems in schools with a humorous and anecdotal approach. More and more schools are beginning to adopt a relational approach to behaviour management, with the increasing understanding of ACEs and an increasing need for a different approach.

"Throughout the book both class teachers and school leaders will find indispensable advice about how to involve all staff in developing a whole school ethos built on kindness, empathy and understanding."

<https://www.crownhouse.co.uk/when-the-adults-change-everything-changes>

**WHEN THE  
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EVERYTHING  
CHANGES** PAUL DIX  
SEISMIC SHIFTS IN SCHOOL BEHAVIOUR