

# PSHE Lead's Mental Health Bulletin: Special Edition

## Message from GHLL

We cordially invite you to join us in celebrating Children's Mental Health Week 2022! To mark the occasion, we have collated a wealth of resources to assist you in raising awareness of children and young people's mental health and facilitating activities to promote positive wellbeing.

As always, the GHLL team is available to support you - do not hesitate to contact us: [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Fiona and the team.



## Free GHLL Mental Health Training Courses

### 2-Day Mental Health First Aid:

3<sup>rd</sup> - 4<sup>th</sup> March

19<sup>th</sup> - 20<sup>th</sup> May

23<sup>rd</sup> - 24<sup>th</sup> June

### Primary Mental Health:

24<sup>th</sup> March.

### Mental Health First Aid 'Lite':

29<sup>th</sup> March

7<sup>th</sup> April

26<sup>th</sup> May

### Self-Harm Awareness:

28<sup>th</sup> April

3<sup>rd</sup> June

To reserve a place on any of our courses, email us or visit the website [here](#).

## Free Wellbeing Support for All School Staff!

It is a hugely challenging time for schools as the pandemic continues to have a significant impact. We want to take this opportunity to remind you of the free wellbeing support available and help you promote it with your staff.

In April 2021, we shared details of [two FREE wellbeing support offers](#) which GCC made available to all schools through our Occupational Health service, using funds from the Covid Outbreak Management Fund (COMF). They are:

- **FREE access to an Employee Assistance Programme (EAP)**
- **FREE Reflective Supervision**

**The Employee Assistance Programme** has been used by around 20 per cent of schools so far and calls have increased by 80 per cent when compared to the previous 12 months.

We have produced this [poster](#) to help you spread the word – use it in the staff room, pop it on the back of toilet doors – wherever you think your staff will see it! **You could use the below articles on your school's intranet or staff newsletter:**

[Employee Assistance Programme](#)  
[Reflective Supervision](#)

## New Mental Health Support Finder Tool



The NHS in Gloucestershire are launching a NEW Gloucestershire mental health support finder which signposts children, young people, parents, and professionals to appropriate mental health services including CAMHS, Tic+, Young Minds Matter, and Young Gloucestershire, amongst other appropriate local services, based on how they are feeling.

There are three ways to use [On Your Mind Glos](#):

1. Use the online support finder
2. Filter a directory of services via the website
3. Start the conversation using the text-bot on 07984404388

The support finder is completely anonymous and will take you or the young person through a series of questions to determine the most appropriate support service. When a support service has been identified, the user can then choose to access the service, or in some cases submit a self-referral. These options will require some additional personal details.

On Your Mind Glos officially launches to staff and students from 7th February. To support the launch, toolkits will be delivered to all schools during the launch week, with a range of printed and digital resources, so please look out for them!



# Congratulations!

The following schools successfully went through the Quality Assurance Group with 'flying colours' and are now Mental Health Champions:

- Belmont School
- Carrant Brook Junior School
- Coalway Junior School
- Gotherington Primary School (re-accreditation)
- Lydbrook Primary School
- The Catholic School of St Gregory's (re-accreditation)

Well done to everyone involved.

## Wellbeing Resources

### 5 Ways to Wellbeing

Improve your health and wellbeing with these 5 simple steps:



[Visit the GHLL 5 Ways to Wellbeing webpage](#)

### NHS 5 Steps to Wellbeing Animation:



### School of Kindness



Kindness is more than just a 'nice thing to do'. It plays a crucial role in our well-being. Research has shown that kindness improves our physical and mental health – whether we're giving kindness, receiving kindness, or even just witnessing kindness.

[Learn about the science of kindness here](#)

[See self-kindness tips for children](#)

[Explore the School of Kindness' posters and printables](#)



### Anna Freud Toolkits of Resources



To help children and young people to grow emotionally, and grow together as a whole school community, it's important to embrace and celebrate diversity in all its forms. These free toolkits focus on four key areas: anti-racism; LGBTQI+; girls and young women; disability and neurodiversity.

[Download the primary toolkit](#)

[Download the secondary toolkit](#)



### Exemplar Mental Health and Wellbeing School Policies

The Anna Freud website provides various examples of schools' mental health and wellbeing policies to support the emotional health and wellbeing of pupils and staff.

[View exemplar policies here](#)

# Staff Wellbeing

## Rethinking Stress Webinar

Learn to rethink and reframe stress for yourself and others with Professor Modupe Akinola's free webinar.

By learning to see stress as an enhancing force, which prepares our body for action, we can counter our negative self-talk and improve our overall wellbeing.

10th February 2022, 7-8pm. Online via Zoom.

[Register to attend here](#)

[Explore other Action for Happiness events](#)



## Preventing Teacher Burnout

**THE CONVERSATION**  
Academic rigour, journalistic flair

The Conversation has produced an article containing advice for teachers on how to protect their hearts from compassion fatigue and burnout.

[Read the article here](#)

## DfE Education Staff Wellbeing Charter

The Department for Education have produced a staff wellbeing charter.

[View it here](#)



In uncertain times,  
you're not alone.



Call us.  
**We'll listen.**  
08000 562561

“ Ask for help. See it as a strength. The Education Support counsellors are not judgemental and you can tell them anything. It really helped me. ”  
Elizabeth, teaching assistant

[educationsupport.org.uk/helpline](https://www.educationsupport.org.uk/helpline)

Free and confidential emotional support  
for teachers and education staff.



**Senior leaders** –  
[Use this poster template](#) to direct staff to wellbeing support services.

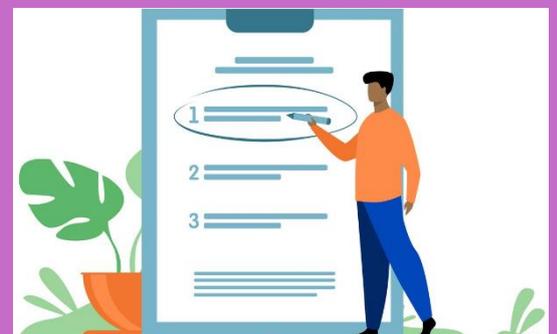
**School staff** –  
Education staff and their dependent family members can access free personal, financial and legal support from a 24 hour [Employee Assistance Programme \(EAP\)](#).  
Gloucestershire County Council has given access to the EAP until end of April 2022.

## Staff Wellbeing Survey Template

It is important that schools and education organisations understand what is driving good and poor mental health among staff. Use this survey template by Governors for Schools to gain insight and inform your wellbeing strategy.

[Download it here](#)

**GOVERNORS  
FOR SCHOOLS**





# Physical Activity and Children's Mental Health

## Putting physical activity at the heart of the school: Children's Mental Health Week

We are really pleased to share a **brand-new video** with you [‘Putting physical activity at the heart of the school – ‘Connecting’ through the Daily Mile’](#).

The short clip gives a great insight into the importance of building activity into the school day and how it can be used to improve **social, emotional and physical health** whilst aiding learning in the classroom.

We're launching our video to celebrate [Children's Mental Health week](#). Moving more is a great way to improve mental wellbeing, celebrate, and raise awareness, so why not give The Daily Mile a go in your school next week?!



The opportunity to '**connect**' has a key part to play in activities that get pupils and teachers moving together in the fresh air whilst having fun. Some of the **Five Ways to Well-being** can be seen at work in the video demonstrating the success of an initiative such as [The Daily Mile](#) as a Healthy Schools / Mental Health Champions Awards intervention. Find out why pupils and staff from two very different schools want to get outside "**to get a better mindset**" and create space for children to talk and to '**Be Active**'.

Click [here](#) to watch the video and find more information on using The Daily Mile as an intervention in your school at [Daily Mile : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](#) or **speak to your Lead Teacher** who can help you build more activity into the school day.

**Email:** [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)



## Racism and Mental Health in Schools



### Podcast by Anna Freud National Centre for Children and Families

The charity has recently released a podcast for school staff, called [Talking racism and mental health in schools](#).

Across five short episodes, they explore topics like representation, culture and community with experts in mental health, education and anti-racism.

The podcast provides advice and practical steps to support all education staff to create a whole school community which is anti-racist. It is the first part of a unit of resources they are creating for educators about the mental health impact of racism on children and young people – there will be more coming in March.



# Gloucestershire Support and Services



**CAMHS**

[Gloucestershire Health and Care NHS Foundation Trust \(ghc.nhs.uk\)](http://ghc.nhs.uk)



**Flare App**

[Flare App | Gloucestershire Constabulary](#)



**Gloucestershire Self Harm Helpline**

[Gloucestershire Self Harm Helpline: Home](#)



**Hollie Gizzard App**

[Home - Hollie Gizzard Trust](#)



**On Your Mind - Glos**

[On Your Mind Website](#)



**TIC+**

[Parent Support Leaflet](#)

[Parent Support Group](#)

[TIC+ chat Flyer](#)



**Winston's Wish**

[Winston's Wish Website - Giving Hope to Grieving Children](#)

[Free 30 minute webinar for professionals supporting bereaved children and young people](#)



**Young Minds Matter**

[Young Minds Mater Website](#)