



Wellbeing Newsletter

Autumn Term 1 2021

A new school year brings excitement and hope and with restrictions easing, we are looking forward to what is hoped will be a more 'normal' year with a focus on recovery from the pandemic and positive social, emotional, mental health and academic outcomes for all children and young people. The outcomes from the Good Childhood Report 2021 make for sobering reading however, describing the long-term trend of the decline in children and young people's happiness, in particular, in relation to appearance and school, highlighting there is more work to do in schools focusing on children's mental health and wellbeing. The report highlights the importance of measuring and monitoring children and young people's wellbeing to support early intervention; I hope you find some of the validated tools and resources in this newsletter useful. We welcome the news that many schools will be able to benefit from the DfE funding for Senior Mental Health Lead training and so we have signposted some excellent approved training providers. A reminder also to put your own oxygen mask on first this term – it really is vital for your own health and happiness and to enable to you to be the best you can be at work, fully available to support the children and young people in your classrooms and schools.

Measuring and monitoring wellbeing

Line of my day resource to monitor wellbeing: [Download Here](#)

Anna Freud Measuring and Monitoring Children's Wellbeing: A Toolkit for Schools - advice and guidance for schools intending to measure and monitor wellbeing to include information about validated tools:

- Page 55 - Good Childhood Index Short Quality of Life Satisfaction Questionnaire (as used to gather data in the Good Childhood Report) email: well-being@childrenssociety.org.uk to access a copy of the survey.
- Page 72 Stirling Children's Wellbeing Questionnaire (ages 8-15)
- Page 77 Warwick and Edinburgh Wellbeing Survey suitable from ages 11+ and adult

Please inform the relevant provider if you intend to use a survey – details on pages above.

Stirling Children's Wellbeing Survey and the **Warwick and Edinburgh Wellbeing Survey** and marking criteria are available here: [Click Here](#)

Mood Journal by Childline – login or create an account to access a mood journal which remains confidential between the child and Childline unless safeguarding exclusions apply: [Click Here](#)

DfE Approved Senior Mental Health Leads' Training

The DfE will publish its list of approved courses in September, along with further details on their opt-in DfE digital service to access a grant to pay for quality assured senior mental health lead training. The providers below have already had their courses quality assured and approved by the DfE.

Anna Freud Senior Mental Health Lead training: Build your own personalised plan to put in place a whole school or college approach to mental health awareness. The aim is to support the identification and understanding of mental health needs. You will learn practical skills to enable you to measure pupil wellbeing, work more effectively in partnership with local mental health services, prioritise staff wellbeing, and promote good mental health across the curriculum and the wider school community. 7 live modules over two training days (30 participants maximum per session) and an optional 2-hour reflective session. Cost £800.

[Anna Freud Senior Mental Health Lead training:](#)

Carnegie Centre of Excellence for Mental Health in Schools Senior Mental Health Leads training: Depending on your starting point and experience there are 4 levels of courses to choose from: Beginner, Intermediate, Advanced and Expert. Training courses have different focuses from developing a whole school approach to interventions and strategic leadership in your own setting and local area. Reserve a place now or book onto a webinar for more details by completing an expression of interest form. Cost £800-£900.

<https://www.leedsbeckett.ac.uk/smhltraining>

Place2Be - Senior Mental Health Leads training programme:

The 12-week programme incorporates:

- 4 facilitated modules within our online learning environment
- 4 online live interactive group sessions
- 2 individual consultations bespoke to you and your school
- Optional: 2 small group reflective sessions

The Senior Mental Health Leads programme will support you to identify your school's priorities and develop strategic approaches to addressing those needs. You will develop your own leadership within the frame of positive mental health and build a network, sharing best practice with peers from other schools. Cost £800. **Register your interest now:** [Click Here](#)

Trauma-informed Schools UK - Designated Mental Health Leads training: Certificate in Child and Adolescent Mental Health for Designated Mental Health Leads (policy, practice and leadership). 5 day training (2 x 2 day modules and 1 assessment day leading to the award) Fees: £700 payable in advance: [Designated Mental Health Leads training](#) Contact info@traumainformedschools.co.uk for more details.

Reading and Research

[SecEd Best Practice Bulletin – Pupil wellbeing](#); access a range of useful blogs and articles focused on pupil mental health and wellbeing in secondary schools:

The Good Childhood Report 2021 – Children’s Society

The Children’s Society Good Childhood Report 2021 shows the latest trends in children’s well-being. This research seeks to understand how young people feel about different aspects of their lives. The latest available data for this survey are for 2018-19 and reflect children’s (aged 10 to 15) well-being before the pandemic. These data show that: Children’s happiness with four of the six measures was significantly lower in 2018-19 than when the survey began in 2009- 10 (life as a whole, friends, appearance, and school). More children were unhappy with their appearance and school in 2018-19 than with the other four aspects of life i.e. life as a whole, friends, family and schoolwork.

The Report draws attention to the potential value of regularly monitoring children’s well-being using a simple, single question on life satisfaction to identify children who might be experiencing issues in their life that they need support with. Young people with lower life satisfaction scores at age 14 were more likely to have poorer scores across mental health measures at age 17 making the case for measuring and monitoring young people’s wellbeing and early intervention. Early interventions could potentially have long-term benefits for young people’s mental health.

The report also highlights findings from research conducted from April- June 2021 during the pandemic; children (aged 10 to 17) completing the Good Childhood Index were, on average, most happy with their home, their family and their health, and a larger proportion of children scored below the midpoint (suggesting they are unhappy) for school than for any other aspect of life. Overall, just under 12% of children (aged 10 to 17) scored below the midpoint on our multi-item measure of life satisfaction, and, as such, are deemed to have low well-being. See the full [report](#) and summary.

Recovery during a pandemic: the ongoing impacts of covid-19 on schools serving deprived communities – **NFER Key Findings**: <https://www.nfer.ac.uk/recovery-during-a-pandemic-the-ongoing-impacts-of-covid-19-on-schools-serving-deprived-communities/>

iSpace Wellbeing

iSpace Wellbeing is a free mental health and wellbeing curriculum for schools which teaches children to live life well through a whole school approach, a unique language and life-skills tools including mindfulness and self-regulation techniques. The [iSpace Wellbeing White Paper](#) was launched on 7th July 2021 as a call to action heavily featuring pupil voice.

[Video](#) on what iSpace is doing in schools. Register here to freely access the iSpace wellbeing curriculum, lesson plans and resources from KS1-3:

<https://ispacewellbeing.com/register-your-schools-interest>

Dates for your diary

Anna Freud Mental Health and Wellbeing School Timetable – Autumn Term 2021:
<https://mentallyhealthyschools.org.uk/media/2681/mental-health-and-wellbeing-school-timetable-autumn-2021.pdf>

Highlights key mental health awareness dates for your school diary with linked activities, assemblies and lesson plans for primary and secondary pupils and staff. Coming up soon... World Mental Health Day 10th October (theme - Mental Health in an Unequal World), National Coming Out Day on 11th October and International Stress Awareness Week 1st-5th November.

Wellbeing support for Headteachers, CEOs & senior leaders

HeadsUp4HTs – Free Wellbeing Peer Support for Deputy, Assistant and Aspiring Headteachers! Every other Saturday morning from 11th September - an authentic, safe, & uplifting space for school leaders. Sign up here:

https://docs.google.com/forms/d/1pjimJLLDM6rPGXc3Q9MNxg4osI1kvPzs0VZK7Ot_qYo/viewform?edit_requested=true

Follow on Twitter: @HeadsUp4HTs

Headrest offers a free daily wellbeing telephone support service for headteachers and CEOs; the service is provided by experienced ex-headteachers. If you are feeling stressed, anxious or overwhelmed, someone is there to listen. Get in touch by phone or email: <https://www.headrestuk.co.uk/> Alternatively DM on Twitter: @Headrest_UK

Education Support's School Leader Support Service includes access to free online counselling or facilitated peer support sessions for headteachers or deputy head teachers based in state funded primary or secondary schools with no existing access to an EAP or equivalent. Register your interest for future sessions here: <https://www.educationsupport.org.uk/get-help/help-for-your-staff/wellbeing-services/school-leaders-support/school-leader-support-service-england/#england>