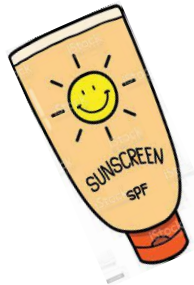




Edition 11 summer 2 2022



## Positive Reflexions Emotional Wellbeing Newsletter For Education Staff

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

### Contents:

Staff Wellbeing  
Summer Self Care  
Transition Resources from Anna Freud  
PSHE  
Kooth  
Dudley Mental Health Support Teams  
Free Training Programme 22-23  
Massage in Schools Programme



It is important that staff look after their mental health and wellbeing over the holidays, which is why Anna Freud have created a self-care toolkit for education staff with tips and resources to support you in looking after your wellbeing.

[Self-care staff toolkit and poster ! Anna Freud Centre](#)

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

Anna Freud have created #SelfCareSummer packs for primary and secondary schools/colleges. The packs feature a range of creative activities based on self-care strategies that other young people have found useful in helping them stay mentally healthy.

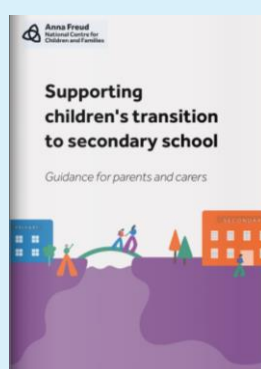
They also signpost young people and their families to additional support, including the AFC crisis messenger text service.

[My self-care plan: primary \(annafreud.org\)](#)

[My self-care plan: secondary \(annafreud.org\)](#)

This short guide provides tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers. It includes guidance which explains why the transition can be difficult for some children, and practical advice such as talking and connecting with the new school, as well as suggested resources that children and parents and carers may find useful.

[Supporting children's transition to secondary school | Childrens mental health and wellbeing in schools | Anna Freud Centre](#)



This animation and accompanying teacher toolkit is aimed at supporting pupils who have recently started Year 7 or who will be preparing to transition to secondary school later in the year (Years 6 and 7).

[Mental health animation toolkit for teachers and schools | Young people mental health \(annafreud.org\)](#)



PSHE Association Membership **Free** to all Dudley Schools and Colleges

Email [cypteam@dudley.gov.uk](mailto:cypteam@dudley.gov.uk) for your membership link.

[Programme of Study for PSHE Education \(key stages 1–5\) | www.pshe-association.org.uk \(pshe-association.org.uk\)](#)

Most of PSHE education becomes statutory for all schools from September. PSHE Association have updated the Programme of Study for PSHE education to support schools to integrate this new statutory content, by key stage, into their broader PSHE programmes.

[Mental health & emotional wellbeing guidance and lesson plans \(pshe-association.org.uk\)](#)





Guidance on teaching about mental health and emotional wellbeing through PSHE education

### Please Remind Young People 11+ re; Kooth

<https://www.kooth.com/>

Kooth is an online counselling and emotional well-being platform for young people **11-18 years old**. Including an online chat, magazines, forums, activity centres, and live counselling.

Available over the summer hols when some of the usual support systems may not be there.

			
<b>Articles</b>	<b>Discussion Boards</b>	<b>Chat with the team</b>	<b>Daily Journal</b>
Helpful articles, personal experiences and tips from young people and our Kooth team.	Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!	Chat to our helpful team about anything that's on your mind. Message us or have a live chat.	Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.



We are now recruiting schools to our January 2023 wave of Mental Health Support Teams (MHSTs) as specified in the “Transforming Children and Young People’s Mental Health Provision” Green Paper.

In Dudley, MHSTs are known as Reflexions. Reflexions are aligned to educational settings to work in partnership with the Senior Mental Health Lead in school and existing services e.g. school nursing, educational psychology and counselling services.

Each Reflexions team provides support to approx. 8000 children and young people which will roughly equate to 15-20 education settings and we would like to offer you the opportunity to be involved.

The new teams will carry out interventions and support children, young people (and families) needing mild to moderate mental health support building on the menu of provision already available and not replacing it.

Your School Nurse or your LA Educational Psychologist will be forwarding information.

More information and an expression of interest form are also available from [joy.newey1@nhs.net](mailto:joy.newey1@nhs.net),

All expressions of interest should be returned by 5.7.22

## Funded Emotional Wellbeing Training Programme 2021-2022

TRAINING/ DURATION	TRAINING CONTENT	DELIVERY METHOD	DATES	EMAIL FOR BOOKING
<b>Nurture group</b> (primary) Delivered by Nina Male  For those practitioners wishing to set up a nurture group within their setting. <b>*Please note; it is a requirement that all dates are attended.</b>	The aim of a nurture group is to replace missing early experiences by developing positive pupil relationships with both teachers and peers in a supportive environment. Effective nurture group practice follows the six principles of nurture. The Boxall Profile® tool determines which pupils would require to be in the nurture group based on their social, emotional, and mental health needs.	Face to Face Stourbridge Family Centre	21 <sup>st</sup> & 22 <sup>nd</sup> September & 3 <sup>rd</sup> Oct 2022	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
		Face to Face Stourbridge Family Centre	25 <sup>th</sup> & 26 <sup>th</sup> January & 9 <sup>th</sup> Feb 2023	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Understanding the teenage brain, attachment and emotion coaching</b> (secondary) Delivered by Dr A Sultana  1 day (2 x 0.5) <b>*both sessions must be attended.</b>	We are awaiting full content details for this session but please register your interest by emailing <a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>	Face to Face Stourbridge Family Centre	Wednesday 21 <sup>st</sup> September and Thursday 29 <sup>th</sup> September both 9.30-12.30.	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
			Thursday 24 <sup>th</sup> November and Wednesday 30 <sup>th</sup> November both 9.30-12.30	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
			Thursday 26 <sup>th</sup> January and Wednesday 1 <sup>st</sup> February both 9.30-12.30.	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>MHFA youth 1 day</b>  Delivered by Dr J Birchwood	<a href="https://mhfaengland.org/individuals/youth/1-day/">https://mhfaengland.org/individuals/youth/1-day/</a>	Face to Face Stourbridge Family Centre	15 <sup>th</sup> September 9.30-3.30	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
			24 <sup>th</sup> November 9.30-3.30	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
			1 <sup>st</sup> February 9.30-3.30	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Understanding brain development</b>		Play On Demand	N/A	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Motivational interviewing for schools</b>		Play On Demand	N/A	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Social stories &amp; comic strip conversations</b>		Play On Demand	N/A	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Supporting the cyp of parents/carers who can't be there</b>		Play On Demand	N/A	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Becoming an attachment aware setting</b>		Play On Demand	N/A	<a href="mailto:eps@dudley.gov.uk">eps@dudley.gov.uk</a>
<b>Mental health a starting point</b>	This play on demand session has been devised by Phase Trust with the aim of supporting non-mental health professionals to understand their role in supporting the mental wellbeing of children and young people and understand the importance of developing positive connections and interactions with them and their families.	Play On Demand	N/A	<a href="mailto:Joy.newey1@nhs.net">Joy.newey1@nhs.net</a>

**Winston's Wish.** Free online training courses to help teachers and school staff understand how to support grieving children and young people in their school <https://www.winstonswish.org/bereavement-training-courses-schools/>

### Child in Mind Podcasts

A series of expert podcasts developed by Anna Freud to help parents understand and manage child and family mental health problems  
[Child in Mind](#) | [Podcast on Managing Children and Family Mental Health Problems](#) | [Anna Freud Centre](#)



### The Message in Schools Programme (MISP)

Free 2 day MISP Instructor Training

12TH & 13TH October 9.00-4.00

David Lloyd Health Club Dudley DY5 3YP

Trainer – Anne Crease [Our Trainers – Message In Schools Association \(misa.org.uk\)](http://misa.org.uk)

Full attendance on both days is required. Recommended attendance: 2 staff per school

Primary age settings only. Maximum capacity = 20 (10 schools)

Information re; programme history, content, benefits and research <https://misa.org.uk/>

**NB MISP must always be introduced by a trained instructor.**

Please email [Joy.newey1@nhs.net](mailto:Joy.newey1@nhs.net) to reserve your place/s



Wishing you all a very safe and relaxing summer  
**THANK YOU FOR ALL THAT YOU DO**