

Mental Health and Wellbeing Support and Activities - Primary Schools

What mental health issues have you identified at your school	
Issue	Who it effects (students/year group/teaching staff/other staff)
Redriff	
Anxiety general	Pupil and support staff and parents
Separation anxiety	Pupil, parent, all staff and year group
Early loss and trauma	Pupil, parent, all staff and year group
Claustrophobia	Pupil, support staff and parents
Low mood	Pupil, year group
Relationship difficulties	Pupil, year group
Eating difficulties/disorders	Pupil, families
Body image difficulties	Pupil, parents
PTSD	Pupil, peer group, support staff
Attachment difficulties	Pupil, families, support staff, teaching staff
Low self esteem/confidence	Pupil
Sir John Cass	
Anxiety	Students, staff
Behavioural problems	Students
Impulsivity	Students
Stress	Students, staff
Depression	Students, staff

MH events or information for parents	
Event/Information resource	Which parents it is targeted at
Redriff	
CAMHS	Those who have children referred
Early Help	Any family of vulnerable children
Child and Family Support Team	Parent workshops, parent advice, support with referrals e.g. CAMHS. Monitoring and information sharing with vulnerable groups. children e.g
Open door policy	
Foundation Stage workshops	
Sir John Cass	

Support and activities offered to <u>students</u> to manage MH issues and improve wellbeing (e.g. Counselling, mindfulness)	
Support/Activity	Which students it is offered to
Redriff	
PATHS	Nursery to Year 6
Jigsaw (PSE Curriculum)	KS1 and KS2
P4C	KS1 and KS2
Learning Mentoring	KS1 and KS2
Peer support groups	KS1 and KS2
CAMHS	Referral on individual basis across school
Child and Family Support Team	Team dedicated to universal and individual level of support including parent workshops, learning mentoring, safeguarding training, family support including home visits, parenting advice
Monitoring children's wellbeing: SRSS	All pupils. Termly screening to identify emotional/wellbeing issues
Pupil voice: School Council	
Pupil voice: Monitoring Pupil Attitudes to School and Self (PASS) Annual pupil survey	Annual survey KS1 and KS2 pupils
Sir John Cass	
Counselling by psychotherapist in school	Identified
Circle time activities	All students
Worry box	All students
Growth Mindset	All students
Philosophy for Children	Y1
Pastoral support by designated behaviour teacher	Any struggling with behaviour

Any other MH activity/support/training/information:

Any MH activity/support/training you would like at your school:
<p>Sir John Cass It would be good for all staff to be trained in understanding what might cause MH and wellbeing difficulties. For staff to recognise the signs of MH difficulties in children of different ages and to know some strategies to support children.</p>

Training for staff (on MH issues for students and staff)	
Training	Number of staff trained
Redriff	
Staff meeting Mental Health	All teaching staff KS1 and KS2
Staff meeting Jigsaw (PSE curriculum)	All teaching Staff KS1 and KS2
Staff meeting P4C	All teaching staff KS1 and KS2
Place 2 Be counselling skills	2 Learning mentors
Mental Health conference 2015	2 delegates
Mental Health Conference Southwark 2016	1 delegate
Sir John Cass	
Supporting mental health issues	1
Soihull training	All teaching staff and all EY staff

Support/Activities offered to <u>staff</u> to manage MH issues and improve wellbeing	
Support/Activity	Number of staff who participate
Redriff	
Worklife Support: www.worklifesupport.com	Available to all staff
Mindfulness workshop for staff	Available to all staff a couple of years ago
Sir John Cass	
First Steps counselling	Available to all Soihull trained staff
Supervision	Available to all EY staff
First Steps visits to staff meetings to talk through individual cases	Whole school

Mental Health and Wellbeing Support and Activities - Secondary Schools

What mental health issues have you identified at your school	
Issue	Who it affects (students/year group/teaching staff/other staff)
CLS	
Technology addiction (gaming)	Students in Years 12 & 13
Anxiety	Students in all years
Depression	Students in all years
Body dysmorphia/eating disorders	Students in Years 12 and 13
Drug addiction	Students in Years 11, 12 and 13
Psychosis	Student in Year 11
COLAS	
Anxiety Disorders (Panic/Social Anxiety)	Both staff and students across the board
Depression	Teaching staff/Other staff/Students
Eating Disorders	Teaching staff/Other staff/Students
OCD	Teaching staff/Other staff/Students
Post Traumatic Stress Disorder	Other staff/Students
Insomnia	Teaching staff/Other staff/Students
ASD	Other staff/Students (may affect teaching staff but have not presented in counselling)
Self-esteem	Teaching staff/Other staff/Students
Paranoia	Teaching staff/Other staff/Students
Self-harm	Teaching staff/Other staff/Students
Suicidal feelings	Other staff/Students
Freemen's	
Largely stress related	Whole school community
Specific mental health related conditions	Whole school community
CLSG	
Self-harm	Many girls from Y7 up
Eating disorders	fewer girls, one or two in Y7-8, more in Y9, a few in older years
Anxiety	Widespread across particularly senior years, Y10 upwards
Depression	A few girls in sixth form and isolated cases in younger years
Perfectionism	Widespread across school
Panic attacks	A few girls Y9 upwards
TCAH	
Anxiety	Students
Depression	Students
Eating disorder	Students
Panic disorders	Students
COLAI	
Anxiety, mood and self esteem	Pupil, potential harm to progress in GCSEs, pastoral staff and SENCO involved. Teachers
ADHD, relationships, and managing mood around medication	Student and family, teachers, pastoral team and inclusion team.
Attachment issues	Student and family, teachers, pastoral team and inclusion team.
Post Traumatic Stress Disorder	Student and family, teachers, pastoral team and inclusion team.
Gender issues	Student, family and friends a and pastoral team
Anxiety in children with Autistic Spectrum Disorder	Families, teachers, pastoral staff and senior staff, safeguarding team
Self-harm	Families, teachers, pastoral staff and senior staff, safeguarding team
Exam stress	Years 10 and 11
Depression	All / not bound by age. Student, family and friends and pastoral team
Suicidal thoughts	All / not bound by age. Student, family and friends and pastoral team

MH events or information for parents.	
Event/information resource	Which parents it is targeted at:
CLS	
Parents' Forum - talks on technology addiction, adolescent mental health, digital Familiarisation Evenings for new parents (10+, 11+ and 13+) talks about social media	All parents Year 6, 7 and 9
Anti-bullying handbook	All parents
Pastoral Handbook with details of advisory services	All parents
Regular correspondence from HoYs and Assistant Head Pastoral with guidance about	All parents
COLAS	
Counselling sessions	All parents/more so vulnerable parents
Freemen's	
Regular initiatives which include parents	All sections
Outside professionals provide information to parents	All sections
We have an open door policy which allows parents to share information and seek advice	All sections
CLSG	
Dealing with anxiety	All parents of CLSG (CLS parents also invited)
What is normal for a teenager	All parents of CLSG (CLS parents also invited)
Also talk at CLS on cyber-bullying	
TCAH	
Parent surgery (weekly)	All parents
SEN coffee mornings	Parents of students with SEN
COLAI	
Parent meetings	All
Parent Questionnaires	All
CAMHS	Pupils referred to service
Coffee mornings	All

Support and activities offered to students to manage MH issues and improve wellbeing		
Support/Activity	Which students it is offered to	
CLS		
Mindfulness	Year 7/Year 11	
Counselling (2 counsellors - 3 days per week)	All students	
Coaching Programme	Year 6 and Year 7	
Action for Happiness Programme	Year 12	
Student Day (one to one meetings with tutor)	All years	
Individual talks from experts in wellbeing and mental health e.g. Aric Sigman and Dr Richard Graham	All years	
PSHE, form time and Assembly programme, including GREAT DREAM in Year 7 and SPEAK in Years 10/11	All years	
Parents' Forum with speakers e.g. Parent Zone, Natasha Devon to inform and educate parents about mental health and wellbeing	All years	
HoY offices for one-to-one conversations with pupils	All years	
School nurse	All years	
Relationships with mental health professionals and organisations for advice and support	All years	
CAMHS referrals	All years where relevant	
COLAS		
Counselling/Psychotherapy	All staff and students	
Dramatherapy	All staff and students	
Mentoring	students	
Coaching	Senior and middle leaders	
Mindfulness sessions	students/ staff	
Freemen's		
PSHE programmes	All from aged 7 to 18+	
Dedicated days focusing on aspects of wellbeing		
Experienced pastoral tutors		
School Counsellor		
Medical Centre Staff		
School Chaplain		
CLSG		
Counselling	All students	
Mindfulness	Y9	
Talk on perfectionism/exam stress	Y9-13	
Variety of talks on body image and anxiety, etc.	Y9-13	
Chocolate biscuit club - informal groups to talk about issues concerning the girls	Y7-8	
TCAH		
A Space counselling - Reflection, one-to-one conversation, helping students to identify and accept issues	KS 3 & 4 students	
CAMHS referrals	All students	
CHYPS support	Sixth form	
Assemblies	All Students	
High expectation - Focus on reviewing	All Students	
Core Values with the focus on working together, community, respect	All Students	
Character - Tolerance, Resilience and Integrity	All Students	
Democratic Process with local community and the butterfly effect	All Students	
Keeping safe - Spiritually and Psychologically, Exploitation	All Students	
Revised curriculum - reduced timetable	KS 3 & 4	
COLAI		
CAMHS Clinic in school - Monday and Thursday - two clinicians each with a full day of appointments of 1 hour duration	As referred through Inclusion meeting and meet threshold criteria.	
Art therapist one day per week	KS3 & KS4 pupils who meet the criteria and do not meet the threshold for CAMHS and for whom this therapy would be more	
ETHOS Counselling Service one day per week	Pupils showing anxiety and stress not meeting threshold for CAMHS	
Assessments for ADHD and Autistic Spectrum CAMHS	Children who cause concern and parents support the referral	
Cognitive assessments CAMHS	For pupils with complex needs	
Bereavement Counselling	Referred for bereavement through House system / inclusion meeting	
Pupil Focus groups	Identified by House teams and through Inclusion meetings for recidivist behaviour	
Mentor sessions	As agreed by Head of House	
Mindfulness Groups	Exam stress / managing stress KS4 by Educational Psychologist	
Referrals to Out of Borough CAMHS	Hackney pupils	
Boxall Profile	Identified as SEMH / Inclusion meetings	
Check in sessions individuals and groups	Vulnerable Yr 7 end of week check in - pupils with Autism / EHCP	

Any MH activity/support/training you would like at your school:
COLAS Coaching and Mindfulness
CLSG More effective ways of reaching the parent body who will not attend the talks we lay on and who often need the information more than those who come

Any other MH activity/support/training/information:
CLS Award from Mental Health First Aid England in recognition of the school's commitment to Mental Health awareness in 2015
Freemen's We are currently conducting an audit in all areas of the school community. Once a thorough review has been completed we would welcome information regarding further training and resources suitable for all areas of the school community.

Training for staff (on MH issues for students and staff)	
Training	Number of staff trained
CLS	
Mental Health First Aid Lite (April 2014)	All staff
Mental Health First Aid (2 day course)	24 staff
Inset - Action for Happiness (full day)	25 staff
Training in April 2015 on wellbeing - John Bockleman Evans	All staff
Tavistock - 11 week course on Adolescent mental health	3 staff
Twilight inset from Nicola Morgan - The Teenage Brain	15 staff
COLAS	
Introduction to Mental Health	4
Assemblies	students
Wellbeing workshops	students and staff
Freemen's	
Regular whole school inset sessions	Whole staff
Mental Health First Aid course	4
Boarding School Association course	4
Twilight training Epsom Mental Health Group	4
Stress management session for NQTs	2
Training of medical centre staff	4
CLSG	
Compassion focused listening/talking	80
Perfectionism and anxiety	80
Optimus Inset on Mental health	3
TCAH	
Safeguarding training to all staff. Concerns reported CP team	All staff
Early identification of students - Monitoring list	All staff
COLAI	
ADHD	25 staff per session
Attachment - small group sessions with Jenny Dover	non-directed 20 staff over three sessions
Pupil focus groups with CAMHS overview	Cohort of teachers who teach the pupil
Strategies provided for staff on dealing with SEMH issues	All teaching staff
All staff briefings on pupils in transition	All teaching staff, pastoral team and TAS
Art Therapy to support Adolescents	SENCO
Level 3 Autism training SENCO	one SENCO
Level 1 Autism training	25 per training session / 2 per year
Certificate in Child Counselling	one Teaching Assistant
Bereavement counselling	One Pastoral Support Manager
Boxall Profile	Heads of House and PSMs

Support/Activities offered to staff to manage MH issues and improve wellbeing	
Support/Activity	Number of staff who participate
CLS	
Wellbeing Committee	6 staff
Yoga is being organised for staff after school on Thursdays	15 staff
Counsellors are available for staff use	All staff
COLAS	
Benidorm	staff - all
Employee Assistance Programme	all staff
Freemen's	
School counsellor and nurses	
City Support helplines	
In house pilates, yoga, gym	
Staff are encouraged to source courses which are financed by the school	
Mental Health and Wellbeing committee provides a forum for discussion	
CLSG	
Counselling	confidential but around 10
Mindfulness	25
Yoga	13
Pilates	18
TCAH	
Safeguarding Training	All staff
Free gym	All staff
Yoga sessions (Thursdays)	All staff
Wellbeing afternoons - early finish	All staff
Empower project	Heads of house, Menotrs, CP team
COLAI	
Supervision offered to safeguarding team	one - safeguarding lead
CAMHS open day for staff (in planning)	Drop in / formal training and focus groups
Mind ED training	Open to all staff as part as ongoing CPD
Wellbeing group established regular meetings	Varies (10 per meeting)
Designated workspace for teachers created	All
Marking party	Open to all staff as part as ongoing CPD