

Appendix 1

School Wellbeing Service

Summary of Service Offer

Allocated practitioner:

Each school will receive an allocated member of the SWS who will be their point of contact for the service

School MH lead:

Each school will identify a member of senior management who will be the Mental Health Lead, this will be someone who can facilitate grassroots change

Mental Health Action Plan:

Each school will receive a detailed plan of the interventions that the SWS will deliver. The plan will highlight the actions that need to be completed (by who and when). We have structured the action plan points around the 8 principles promote emotional health and wellbeing in schools and colleges as highlighted by PHE, 2015

Brighter Futures Survey:

The BF survey will be delivered to year 4, 5, 7, 8, 9, and 10 students. This will be facilitated by the schools allocated SWS practitioner, who will work in partnership with the schools Mental Health Lead

Access to the support line:

Parents/carers and school staff can access the SWS support line to discuss any concerns or worries that they have with regards to their child's wellbeing and/or mental health. The line is supervised from 8:00am – 18:00pm Monday to Friday.

Mental Health Network meeting (1 per term)

Prior to lockdown these meetings took place face to face, all mental health leads, colleagues from health and social care will be invited to the next meeting which will take place virtually via Microsoft Teams.

The meeting is a platform to share best practice with regards to promoting positive wellbeing and creating mentally healthy environments for students, school staff and the wider community.

5 ways to wellbeing (1/2 termly bulletin)

An e-bulletin will be created by the SWS with support from the Educational Psychology Service promoting the 5 ways to wellbeing. There will be 3 sections students/pupils, school staff and parents/carers.

Copy of the Thurrock Thrive model (updated termly)

The Thurrock Thrive model is a visual aid for schools highlighting all the local and national services that provide emotional wellbeing and mental health support. As well as highlighting the services available there will be information on how to access the service including referral routes.

Self-harm management toolkit training for school staff:

The training will be split into 2x2hour sessions, staff will also be able to access follow up sessions with their allocated practitioner. The training will provide school staff with the knowledge, information and skills to support CYP who are engaging in self harming behaviours, whilst working with them and their families to identify the best support systems/services.

Self-harm management toolkit for parents/carers:

Workshops will be available for parents and carers to increase their awareness of the topics covered in the SET Self-Harm management toolkit. Workshops can be delivered at school, children's centres, health centre, etc.

Parent/carer plus workshops:

The SWS will offer a range of workshops exploring ways to promoting good/positive wellbeing for the whole family. These can be delivered in school or at a convenient venue in the community

Interventions to be delivered to students in partnership with schools (managing emotional triggers, anger management, anxiety management, self-esteem)

The below interventions will be delivered over 6-8 1 hour sessions in school. School staff will receive the information, resources and skills to enable them to deliver the interventions. The allocated SWS practitioner will co-facilitate the first few interventions with school staff to ensure they feel confident and competent in delivering the programmes

- **Managing Emotional Triggers:** This programme embraces the viewpoint that aggression is primarily learned behaviour; learned by observation, imitation, direct experience and rehearsal. Its theory base lies in cognitive-behavioural theories making the necessary links between thoughts, feelings and action. This training is based upon the assumption that any and every aggressive act has multiple causes both within and external to the young person. Staff will be able to work with CYP to identify internal and external triggers and practicing alternative appropriate responses
 - Staff will be provided with the necessary tools and activities to work through MET training with YP.
 - The programme contains 10 sessions (1hour/session) and SWS will go through the training and how staff can use this with their students as a weekly intervention.
- **Starving the Anxiety Gremlin:** This training will guide staff through how to effectively use activities and strategies from the 'Starving the Anxiety Gremlin' book with CYP. This training is based on Cognitive Behavioural Therapy' and

will provide staff working with children the strategies they will need to help children develop an understanding of anxiety and how to effectively manage it.

- There are 2 workbooks- one targeted for children aged 5-9, and the other for children aged 10 +
 - The workbook provided can be used with groups, whole class or as a 1-2-1 intervention.
 - Schools will be provided a copy of the book, as well as handouts provided from the training.
 - Training will ideally be done in 6 1 hour sessions (please speak with your practitioner about this)
- **Starving the Anger Gremlin:** This training will guide staff through how to effectively use the 'Starving the Anger Gremlin' book with CYP. This training is based on Cognitive Behavioural Therapy and will provide staff working with children the strategies they will need to help children manage their emotions effectively. Staff will be provided with a range of activities to use with the children when working through the book.
 - There are 2 workbooks- one targeted for children aged 5-9, and the other for children aged 10 +
 - The workbook provided can be used with groups, whole class or as a 1-2-1 intervention.
 - Schools will be provided a copy of the book, as well as handouts provided from the training.
 - Training will ideally be done in 6 1 hour sessions (please speak with your practitioner about this)
 - **Banish your self-esteem Thief:** This training will guide staff through how to effectively use the 'Banish your Self-Esteem Thief' book with CYP as an intervention. This training is based on Cognitive Behaviour Therapy and staff will be provided with strategies on building positive self-esteem for young people. The training will provide staff with the ability to understand what self-esteem is and what may influence their own self-esteem. Staff will be guided through the range of activities to use with CYP when working through the book.
 - The training and workbook are targeted for CYP aged 10+
 - The workbook provided can be used with groups, whole class or as a 1-2-1 intervention.
 - Schools will be provided a copy of the book, as well as handouts provided from the training.
 - Training will ideally be done in 6 1 hour sessions (please speak with your practitioner about this)
 - **Emotion Coaching:** SWS are currently developing with the Educational Psychology Service the delivery of this to schools in Thurrock. Emotion coaching is a skill that is valuable to any professional working with children and young people. It emphasises a use of the following techniques in order to help students understand their feelings, triggers and how to regulate:
 - Empathy**
 - Validation**
 - Setting limits**
 - Problem-solving**

As a result Young people learn how to respond more appropriately to situations that create an emotional response. Emotional coaching is a skill to be embedded into everyday practice.

Reflective sessions for school staff:

School staff will have the opportunity to attend regular reflective sessions. These will take place in the school at a time and frequency that is agreed by the schools Mental Health Lead. These can be either 1:1 or group sessions. They will provide a confidential space for staff to reflect on their practice, the sessions will utilise reflective cycles and coaching frameworks.

Student Mental Health Champions:

Schools will identify 6-10 students (numbers will vary dependant on school size and whether it is a primary or secondary school) who will champion good mental health amongst students. They will receive basic awareness about mental health and know which staff members they can sign post students to if they are experiencing difficulties.

SWS are able to train MHST in delivery of the programme. SWS to facilitate the delivery of this to the year 5 and 6 students at Abbots Hall during- we could potentially co-facilitate this with the MHST.

Student Mental Health champions will regularly meet with their SWS allocated practitioner to highlight their voice and ensure that support, interventions and programmes continue to be needs led.

Wellbeing for Educational Resilience Programme

The wellbeing for educational Resiliency Programme (renamed in Thurrock from Wellbeing for Educational Recovery Project) is DfE funded and aims to provide training and support to state-funded schools and colleges. This will enable education staff to continue promoting wellbeing and mental health of pupils and staff as a whole school approach when they have returned to school. Staff members from both the SWS and the EPS have attended this training. There are 7 sections and all will be put on SLA websites for schools staff to access.