



# WELLBEING IN EDUCATION



## Mental Health Lead Network



**25<sup>th</sup> September 2024**

## Helpful links:

[Wellbeing in Education - Suffolk County Council](#) – Our ‘front door’ page for all things relevant to mental health and wellbeing

[Mental health network event for Suffolk education settings - Suffolk County Council](#) – link to the page where presentation slides from our May ‘24 event are accessible

[Suffolk education mental health lead network - Suffolk County Council](#) – our own MHL network page

## Next MHLN Meeting Dates:

**Tuesday 12 November 2024** (presentations planned from Kooth about their offer in Suffolk and from the Wellbeing Lead across the ASSET Education Trust, about their own award-winning wellbeing model with suggestions / ideas for others)

**Thursday 6 February 2025** (agenda topic tbc - open for suggestions / requests)

**Thursday 20 March 2025** (agenda topic tbc - open for suggestions / requests)

These meetings will all be virtual, starting at 3.45pm to 4.45pm. Email [EducationMHLeadNetwork@suffolk.gov.uk](mailto:EducationMHLeadNetwork@suffolk.gov.uk) to get meeting link.

**8 May 2025, from 9.30am to 12.30pm** (exact timings to be confirmed). We are going to hold another F2F event at Endeavour House; more details to follow.

If you would like to attend this event, please email us at: [EducationMHLeadNetwork@suffolk.gov.uk](mailto:EducationMHLeadNetwork@suffolk.gov.uk) to reserve your place as limited spaces are available.

Have you completed the designated Mental Health Lead training with a recognised provider?	Of those that you have attended, have you found the network meeting sessions helpful so far?	What topics would you ideally like to be addressed via next year network sessions?	Do you have any other questions, comments, reflections, suggestions or ideas related to our Mental Health Lead Network (including timing, frequency or format)?
Yes	I've only been to one or none	How to support less confident staff with approaches to enable a whole school approach. Staff or organisations that might be available for a parent fair or similar.	
I'm in the middle of it	I haven't been	Creating a whole school mental health culture	Can I join by teams?
Yes	Yes very helpful	How to support parents and carers.	More places so I can attend the next one.
Yes	Yes very helpful	Help with sleep routines - I have a number of children across the school who are sleeping in mum's beds with mum and dad is in spare room. Not sure if this topic is possible. Help with divorce and separation would also be good	It helps if the day the meetings are held on vary as I generally have meeting on Mon, and alternate Tues and Wed. A 4pm is also helpful as I can sort things with parents and my team before I log on. Thank you.
Yes	Yes very helpful	self-belief	No
Yes	I've only been to one or none	Building self-esteem/resilience in Primary children; managing anxiety	Daytime would be easier for me to access, rather than after school. However, I appreciate this may be the opposite for others.
Yes	I've only been to one or none	MH Strategy and specifically for Secondary rather than both sectors.	Separate the meeting after the key notices/headlines into Primary and Secondary rooms to network and compare notes?
Yes	Yes very helpful	Mental Health provision in schools - this can look different - maybe looked at recommended interventions that schools are using sharing good practice	It works well and really appreciate you bringing this together
Yes	Mostly helpful	Anxiety, EBSA	

Gathering views, evaluating usefulness and considering impact.



Any attendees from May's event that wouldn't mind having a 15 minute chat with one of our Assistant Psychologists? If so, please let me know using MHLN email.

*Thank you!*

## Whole School Approaches and their implementation - a survey for educational settings on support from the Government

The [Children and Young People's Mental Health Coalition](#) and the [Schools Wellbeing Partnership](#) are working together on a project reviewing the implementation of Whole School Approaches to Mental Health and Wellbeing.

We recently surveyed our membership about whole school approaches. We want to build on the insights gathered in this first survey with a specific survey **just for schools** and other educational settings.

This survey asks schools and other educational settings their opinion of how well the Government has implemented a Whole School Approach to Mental Health and Wellbeing.

This survey should take about 10 minutes to complete and closes at **5pm, Friday 27 September 2024**.

You can access the survey here: <https://www.surveymonkey.com/r/WSAinschoolsandsettings>

The Anna Freud resource hub for mental health leads signposts resources filterable by a setting's needs. It supports MH leads to embed support across their school or college, with new resources just added for this academic year.

Targeted support is integral to a whole-school approach and can improve attendance, behaviour, engagement and progress. Their targeted support toolkit provides evidence-based support options for a range of educational settings to help young people in managing their mental wellbeing.

[Mental health lead resource hub : Mentally Healthy Schools](#)

[Targeted support tool : Mentally Healthy Schools](#)

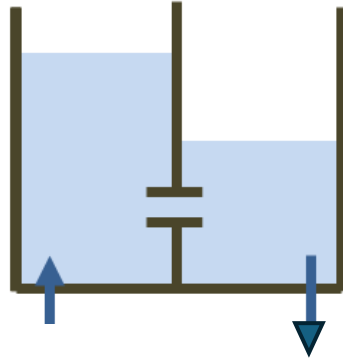
[My timeout My wellbeing \(sharepoint.com\)](#) link to 'Self Care September' calendar of suggested activities produced by the 'Action for Happiness' team

[Health and wellbeing calendar - 25 / 50 daily tasks to improve wellbeing \(theparentsguideto.co.uk\)](#) - it looks like this is parent focused but could be for anyone.

**1** How is the work / life balance feeling right now?



**3** How would you rate your current level of positive emotion? And negative emotion?  
What words would you assign to these emotions?  
How have these 2 levels changed over the last week?  
What has impacted on them?



**5**

Opportunities to give and feel a sense of worth and contribution

Opportunities to access learning and retain learning and utilise learning

Opportunities to feel a sense of connection with others and a sense of inclusion, belonging, support and friendship

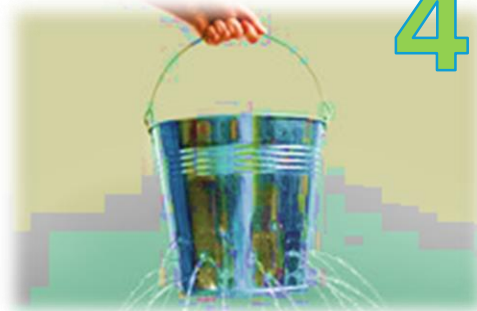
Opportunities to look after your physical self, to move, to get fresh air, to eat well, to drink enough water

Opportunities to pause, to notice what's going well, to notice how you and others are and to reflect.

**2** What is your current energy level? How much has it fluctuated over the last week? What will help you to refuel the tank?



**4** What's the level like in your 'stress bucket' right now? What's filling it up? What's helping to put holes in it?



**An example of a well-being 'dashboard' – a tool to help instigate a well-being conversation with a colleague / supervisee / yourself!**

Support for those working with children and young people - Suffolk Mind  
Click on the weblink to find out more (includes helpful advice and information page: [Advice and information - Suffolk Mind](#))



### Emotional Wellbeing in the Classroom

1 day online or face-to-face workshop | From £950 – up to 16 attendees

Delivered by a qualified trainer face-to-face (up to 12 attendees) or online (up to 16), Emotional Wellbeing in the Classroom is for primary and secondary schools.



### Emotional Wellbeing in Children's Activities

1 day online workshop | From £950 for 12 attendees

Delivered by a qualified trainer online, Emotional Wellbeing in Children's Activities is for those who run or support groups and activities for children and young people.



### Funded training: for educators and children's activity providers

Below you will find our current opportunities for funded training. We're always looking for more opportunities so please check back as we update regularly. If you want to discuss funding some training, please get in contact with us.



### Sammy the Sea Squirt Movement Sessions

Two or four whole class sessions | From £150

Our engaging movement sessions, led by our experienced mental health trainers, teach children the link between movement and mental health and how staying active can help them to stay well. Available as two whole class sessions (half day) or four whole classes (full day).

[View course](#)



### EARLY Minds

90 minute interactive sessions for each class | From £1,100

EARLY Minds (Emotional Awareness and Resilience Learnt Young) is our mental health programme for KS1 and KS2 that we take into primary schools.

[View course](#)



### Life Hacks for Young Minds

45-minute talk | From £120

Suitable for teenagers and pre-teens, our 45-minute talk introduces secondary school pupils to mental health and emotional needs.

[View course](#)



### Skill-shops for Young Minds

Weekly one-hour workshops over 4 weeks | From £600 for 10-12 students

For those aged 11-25, our four-week programme of interactive workshops help teenagers and young people become more resilient, emotionally aware, and well-resourced adults.

[View course](#)



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