

Mental Health Lead Network

20th June 2024

Suffolk education mental health
lead network - Suffolk County
Council



What does it
mean to
have...

SOMEONE IN MY CORNER

A creative well-being competition for
children & young people, schools and youth groups.

Think of a **time** when you had
someone in your corner? *

*To have someone in your corner means to have someone
who supports you or helps you in some way.

We'd **love** to hear about it!

Creative entries can be in the form of:

- A poem or short story (MAX 500 words)
- Artwork - A picture, painting, or doodle.

DEADLINE FOR ENTRIES: 2ND SEPTEMBER 2024

There are three
age groups for entries:

- 5-10 Years
- 11-15 Years
- 16-25 Years

The **winner**
of each age group will
receive a
£25 online voucher of
their choice.

The **winning school** and
youth group
will receive a
£50 Amazon voucher



Notices

1. A competition run by The Source (see left and also: [Someone in My Corner - Well-being Competition - The Source](#))
2. VSEND interest (see message in blue below)
3. Anna Freud Mental Health and Wellbeing Calendar: summer 2024 [132_summer-calendar-toolkit_april081-1.pdf](#) (mentallyhealthyschools.org.uk)
4. June is Pride Month
5. 23rd to 30th June is World Wellbeing Week.

Sonia Carrington is looking for schools using (or wanting to use) VSEND across transition - where a Yr 6 setting has mapped out a group of young people and a Yr 7 setting has mapped out school readiness in order to match these together as a key part of transition planning. If you want to know more you can email her (sonia.carrington@suffolk.gov.uk)



health support for whole-school wellbeing

2 more notices in case of interest

Mental wellbeing is the foundation from which all young people achieve their potential. But currently, 12-15% of young people aren't getting the mental health and wellbeing support they need.

Refer young people aged 11-25 in your secondary school or college, experiencing mild-to-moderate anxiety and low mood for fast online support through our Schools and Colleges Early Support Service

- **unlimited referrals** for 1:1 support and consultations
- **on-demand webinars** for students, school staff, parents and carers
- delivered by **expert practitioners**
- underpinned by the **latest evidence** on prevention and early intervention

[Sign your school or college up for 2024-2025 here](#)

The next So What? webinar

The, 'So what can we do to accurately represent and understand mental health difficulties?' webinar will be take place on 26 June.

The webinar series helps explain the meaning and outcomes of the latest Anna Freud applied research findings, project outcomes and work of our collaborators.

During the seminar from 17.30 – 19:00, expert speakers will explore evidence from recent research looking at better conceptualisation of outcome and experience measures for children and young people's mental health and wellbeing. We will look at new digital and accessible methods of measurement that are being developed and their potential for improving the uptake, usage and effectiveness of measurement.

[Book your free place >>](#)

Supporting Transition

Slide 5: EY to Primary

Slide 6: Primary to Secondary

Slide 7: High School to Post 16

Slide 8: More general transition guidance

[Transition-Charter-info-brochure.pdf \(suffolklearning.com\)](https://www.suffolklearning.com/Transition-Charter-info-brochure.pdf)

	Web link	Notes
Parents	https://youtu.be/RQ2B2IaN7C0	A 35 minute recording for parents on supporting transition from EY to primary made by Suffolk SENDIASS team
Staff	Early Learning and Childcare (ELC) to Primary 1 Autism Toolbox Autism Toolbox	Webpage giving some simple guidance for settings to consider
Parents	Starting primary school: supporting your child - Health Under 5s (healthforunder5s.co.uk)	A couple of short video guides to watch and downloadable resources for parents including a 'skills for starting school' page (link to toileting training) and list of helpful picture books to aid discussion
Parents	Early years foundation stage - GOV.UK (www.gov.uk)	Info for parents on the EYFS curriculum
Staff / parents	https://literacytrust.org.uk/news/nursery-reception-transition-recommended-read/	Downloadable cards designed to help practitioners support children's day-to-day transition between home and setting. They can be used as a resource for both settling new children into the setting and reinforcing a positive transition for children who are already there
Parents	Starting school or nursery booklist Words for Life	A list of potential books to explore the topic of starting school or nursery put together by the Literacy Trust
Parents / Staff (to use with children)	https://www.cheshireeast.gov.uk/pdf/children-and-families/autism/transition-preschool-to-reception.pdf and https://www.cheshireeast.gov.uk/docs/children-and-families/autism/pre-school-to-reception-storyboard.doc and https://sheffkids.co.uk/resources/	3 freely downloadable resources to use to support transition to primary (aimed at children with ASD but could be used for others)

Audience	Web link	Notes
Pupils	pupil-resource.pdf (youngminds.org.uk)	Quite general pupil booklet comprising 5 simple activities to aid positive thinking
Pupils	https://youtu.be/xT6ctrk3pVQ	A 7-minute film made by Young Minds capturing experiences of Y7 children – the worries they had and how they overcame them.
Pupils	https://youtu.be/thnoUraeoGs	A 4 minute animated film aimed to help Year 6 and 7 pupils feel more confident, less anxious and better equipped to cope with the changes associated with moving to secondary school
Pupils	Secondary school transition BookTrust	These books aimed at primary (KS2 / 3) contain themes around friendships and overcoming a variety of challenges, as well as starting at a new school. Many of them are also empowering and affirming, recognising a range of experiences.
Pupils	https://www.elsa-support.co.uk/wp-content/uploads/2024/06/Slide1.png	This 31 page workbook is aimed to help pupils to understand their readiness for Secondary school. Lots of transition resources can be based on anxiety and worries whereas this is about empowering the young person.
Pupils	Transition lapbook - Moving on - Item 125 - Elsa Support (elsa-support.co.uk)	Moving on transition lapbook – This resource is to support pupils through the changes when moving class or school (facilitated within an ELSA session).
Pupils / staff	Transition resources Leeds for Learning	Would need to be adapted (has Leeds branding on it) but a helpful model of a course of 7 ‘units’ which strive to build and strengthen appropriate skills areas to support the pupil's transition to secondary education
Pupils	Starting secondary school - BBC Parents' Toolkit - BBC Bitesize	If you scroll down past parents’ section there are lots of links to resources for pupils regarding starting secondary school
Pupils	a-checklist (suffolk.gov.uk) and a-transition-focused-photo-book (suffolk.gov.uk)	A set of proformas designed by Suffolk Inclusion Facilitators for parents or staff to use with pupils to help record helpful conversations.
Parents	top-ten-tips-for-parents.pdf (youngminds.org.uk)	An A4 poster capturing tips for parents
Parents	https://youtu.be/nK1E_XgAWww	A pre-recorded hour-long parent webinar explaining to parents how they might support Y6 to Y7 transition made by Young Minds.
Parents	Starting secondary school - BBC Parents' Toolkit - BBC Bitesize	Advice for parents who have a child starting high school this year, with tips on the emotional and practical sides of the transition.
Parents	https://youtu.be/w-UX1YwG3WE	Suffolk SENDIASS 30 minute video on supporting transition to secondary for pupils with SEND.
Staff	https://d1uw1dikibnh8j.cloudfront.net/media/12255/teacher-toolkit-updated.zip	The Teacher Toolkit includes: a Lesson Plan and various lesson activities, an Assembly Plan and PowerPoint slide show, a list of helpful resources, a copy of the animation script, a blank signposting poster for you to print and use in school.
Staff	Transition resources for schools - Suffolk SENDIASS	Includes example processes and proformas that schools have used in Suffolk to support transition.
Staff	Year 6 Transition Guidance Booklet.pdf	Really helpful comprehensive transition guide – We could really do with a Suffolk version. Includes lots of helpful proformas to aid information sharing.
Staff	Some tips for a good transition from primary to secondary school for autistic pupils - Autistic Girls Network	Page of ideas and suggestions for supporting girls on the autism spectrum in particular as they transition to secondary.
Staff	Resources for professionals (cheshireeast.gov.uk)	If you scroll down to the bottom of the page there are 8 or 9 downloadable documents to support Y6 to Y7 transition.

Audience	Web link	Notes
Primarily staff	Transitioning to further education Resources YoungMinds	Advice and practical tips to support school staff in preparing their students for the transition from school to further education – Is quite university focused.
Parents	send_16_transition_guide.pdf (suffolksendiass.co.uk)	Suffolk CC document For parents and carers of young people with special educational needs and disabilities
Parents	starting college or university (autism.org.uk)	
Pupils with SEND	My Future Choices Magazine (councilfordisabledchildren.org.uk)	our free magazine for disabled young people, their families and people who support them. Since 2003 the Transition Information Network has published My Future Choices magazine which shares articles about projects that support disabled young people and stories of transition written by disabled young people.
Parents / Staff	Preparing for adulthood - Suffolk SEND Local Offer (suffolklocaloffer.org.uk)	Helpful ‘front door’ capturing advice on a wide range of relevant topics for PfA
Pupils / CYP	Next-steps - The Source and Your Future - The Source	Lots of helpful links on post 16 options
	Transitioning to adulthood Autistic Girls Network	A page listing some life-skills that could form a focus for goal setting when considering post-16 transitions
Parents / staff	Post-16 education - Suffolk SEND Local Offer (suffolklocaloffer.org.uk)	Page capturing a few helpful summaries of post-16 and post-18 options including info on transition reviews.
Parents / staff	The Virtual School support for post 16 education - Suffolk County Council	Information on post-16 support for children in care in Suffolk
Pupils	https://thesource.me.uk/yourfuture/older/#skillsometer	Short electronic interaction tool to facilitate thought and discussion around potential career choices
Parents	Preparing for your child’s transition to adulthood: Basics and banana skins Tickets, Fri 11 Oct 2024 at 10:30 Eventbrite	One example of a free webinar for parents to sign up to although there are lots more from a range of different providers.

Audience	Web link	Notes
Primary pupils	https://www.elsa-support.co.uk/wp-content/uploads/2023/07/Transition-pack-image-for-site.png	This is an end of term transition activities pack and is perfect for those last couple of weeks before the holidays.
Y2 pupils	https://www.elsa-support.co.uk/wp-content/uploads/2023/06/Exciting-times-ahead-image-for-site.png	resource designed to help students in Year 2 and above navigate their worries and embrace the excitement that comes with changes in new schools or classes
Y2 to Y5 pupils	https://www.elsa-support.co.uk/wp-content/uploads/2019/07/Moving-on-image.png	The Moving On transition intervention is written for a group of four children and is led by an ELSA or teaching assistant. It covers emotions, relaxation and lessons around transition either into the next class or new school. The intervention runs for approximately 40 minutes. Aimed at junior aged children, but would work for year 2 to year 3 too.
Primary pupils	Transition school or class - Elsa Support (elsa-support.co.uk)	Lots of different resources listed here – mostly primary focused.
Staff / parents	Coping with change - Suffolk SEND Local Offer (suffolklocaloffer.org.uk)	Suffolk specific general home page
Staff / pupils	a-letter-to-my-new-teacher (suffolk.gov.uk)	Guide and proforma written by Suffolk Inclusion Facilitators to aid transition
Staff	https://www.sharingbigideas.co.uk/wp-content/uploads/2022/05/Transition-Charter-info-brochure.pdf	Helpful summary of good guidance for schools

Any more suggestions for links we might add to this or any of the other slides? Please email them to: Kay.Breton@suffolk.gov.uk.

Any requests to inform our plans for the network next year?
Please complete our 4 question survey:

<https://forms.office.com/e/cg8UJtSKUe>



Thank you