



Welcome

Mental Health Lead Network Event

3rd November 2023



SPHA
Suffolk Primary
Headteachers'
Association
Achieving the best
outcomes for Suffolk's children



SASH
Suffolk Association
of Secondary Heads
Stronger Together

MENTAL WELLBEING IN THE RSHE CURRICULUM



Public Health
& Communities





THE SCHOOLS ENGAGEMENT MANAGER

- Schools point of contact at the Local Authority (Public Health & Communities) whether you are LA maintained, an academy or an independent school
- Advises, guides and supports schools to ensure RSHE provision, as part of the wider curriculum, is a high-profile subject in Suffolk schools
- Keep schools informed of key RSHE developments and information
- Provides a free online RSHE Portal accessible to all Suffolk schools to hold key RSHE resources





WHAT TOPICS DO SCHOOLS NEED TO TEACH WITHIN RSHE?

RELATIONSHIPS EDUCATION (PRIMARY)

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



HEALTH EDUCATION (ALL)

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

RELATIONSHIP & SEX EDUCATION (SECONDARY)

- Families
- Being safe
- Online and media
- Respectful relationships, including friendships
- Intimate and sexual relationships, including sexual health





WHAT THE RSHE GUIDANCE STIPULATES ON PHYSICAL HEALTH & MENTAL WELLBEING

- Aid pupils to make good decisions about their own health and wellbeing and recognise what is normal, and when there is a concern, they should seek support with
- Help pupils to understand the links between physical and mental health and how they complement or undermine one another
- Promote the ability to self-regulate and teach the strategies for doing so, responding calmly to setbacks and persevering
- Reduce stigma attached to mental health issues and encourage openness so pupils can gain knowledge, check their understanding and promote good mental and physical health
- Schools have flexibility to design and plan age-appropriate content



WHAT SHOULD BE TAUGHT?

By the end of primary school, the guidance sets out that pupils should know.....

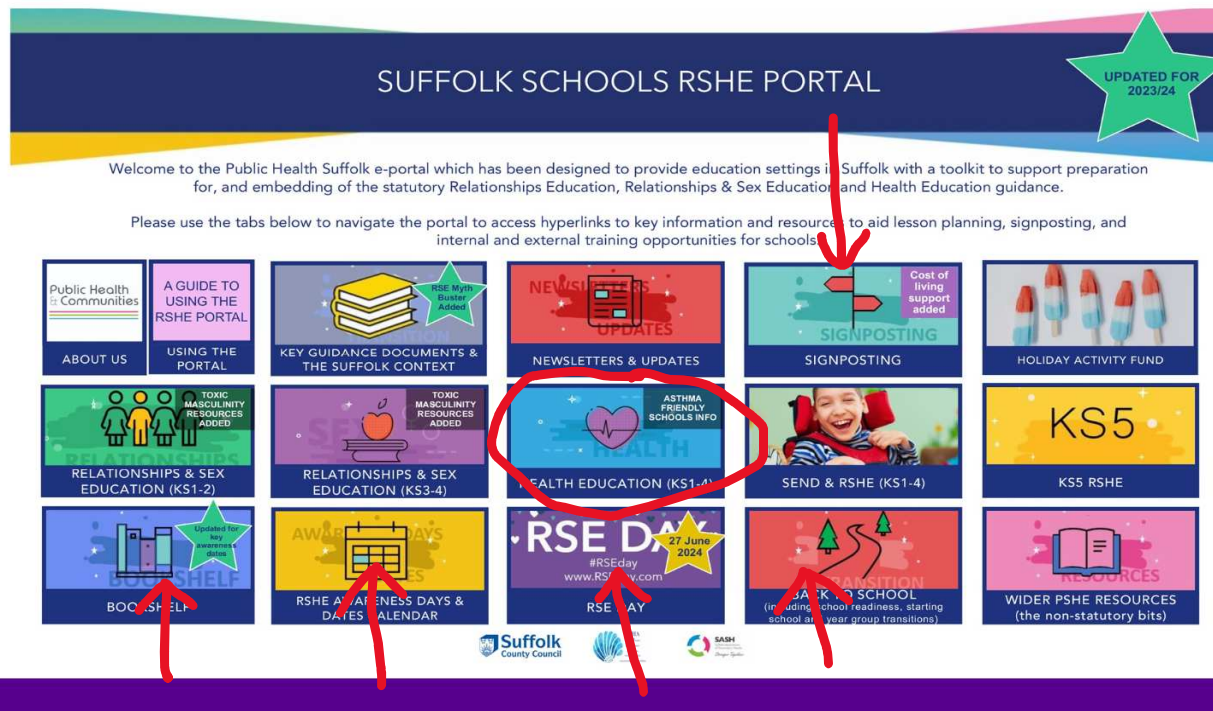
- That mental health is normal in the same way that physical health is, and it is common to experience mental ill health.
- That there is a normal range of emotions that we all experience in relation to differing experiences and situations and how to recognise and talk about these with the appropriate vocabulary, including being able to judge how they are feeling and behaving.
- The benefits of exercise, time outdoors, community participation and good diet.
- Self-care techniques.
- How isolation and loneliness and bullying can impact on them and discussing feelings with an adult and getting help.
- Where and how to seek support and recognising triggers.

And building on this, by the end of secondary school.....

- Be able to talk about emotions accurately and sensitively using the appropriate language.
- That happiness is linked to being connected to others.
- Recognising early signs of poor mental health and common types of mental ill health.
- Be able to critically evaluate positive/negative impacts of things they are involved in on their own and others mental health.



















SUFFOLK SCHOOLS RSHE PORTAL






SUFFOLK SCHOOLS RSHE PORTAL UPDATED FOR 2023/24

Welcome to the Public Health Suffolk e-portal which has been designed to provide education settings in Suffolk with a toolkit to support preparation for, and embedding of the statutory Relationships Education, Relationships & Sex Education and Health Education guidance.

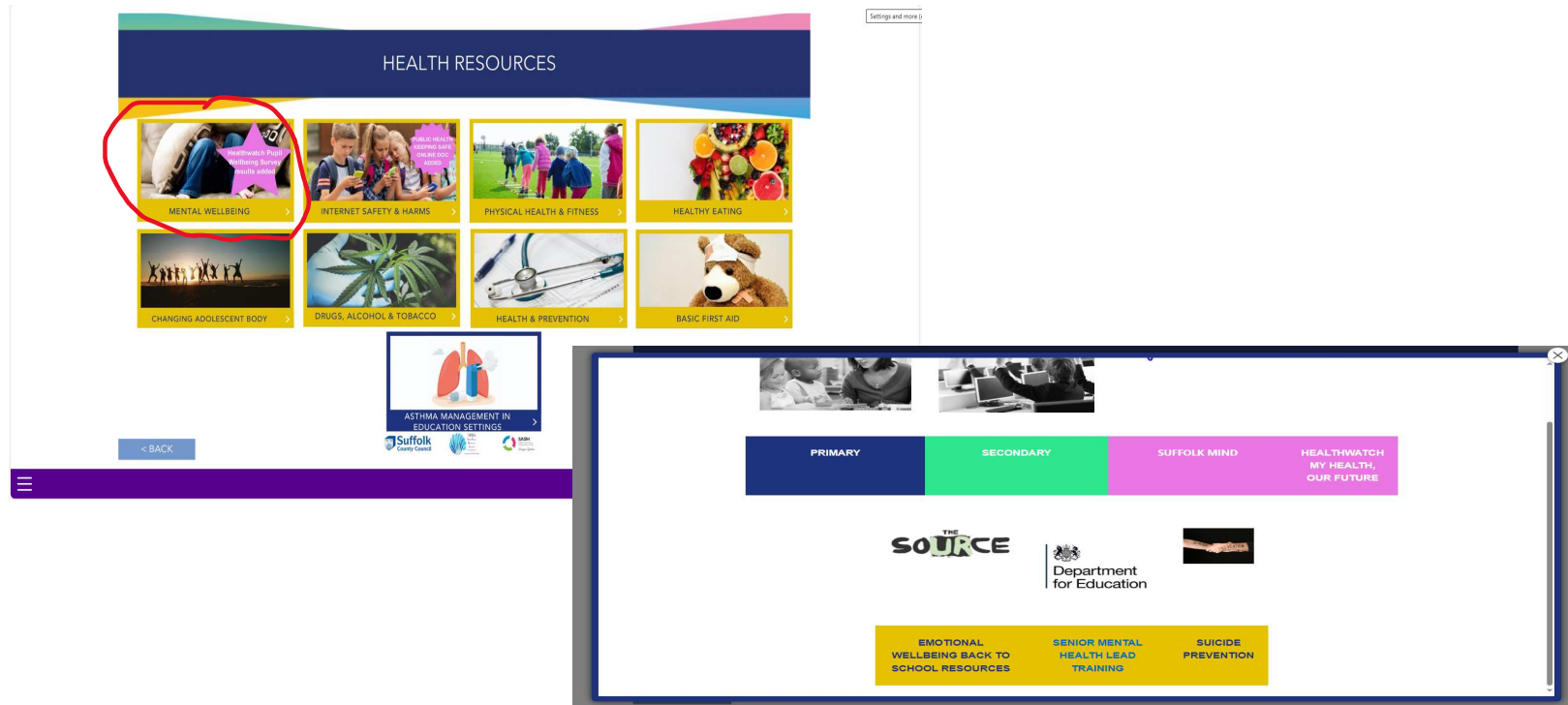
Please use the tabs below to navigate the portal to access hyperlinks to key information and resources to aid lesson planning, signposting, and internal and external training opportunities for schools

 ABOUT US	 A GUIDE TO USING THE RSHE PORTAL	 KEY GUIDANCE DOCUMENTS & THE SUFFOLK CONTEXT	 NEWSLETTERS & UPDATES	 SIGNPOSTING	 HOLIDAY ACTIVITY FUND
 RELATIONSHIPS & SEX EDUCATION (KS1-2)	 RELATIONSHIPS & SEX EDUCATION (KS3-4)	 HEALTH EDUCATION (KS1-4)	 SEND & RSHE (KS1-4)	 KS5 RSHE	
 BOOKSHELF	 RSHE AWARENESS DAYS & DATES CALENDAR	 RSE DAY	 TRANSITION	 WIDER PSHE RESOURCES (the non-statutory bits)	



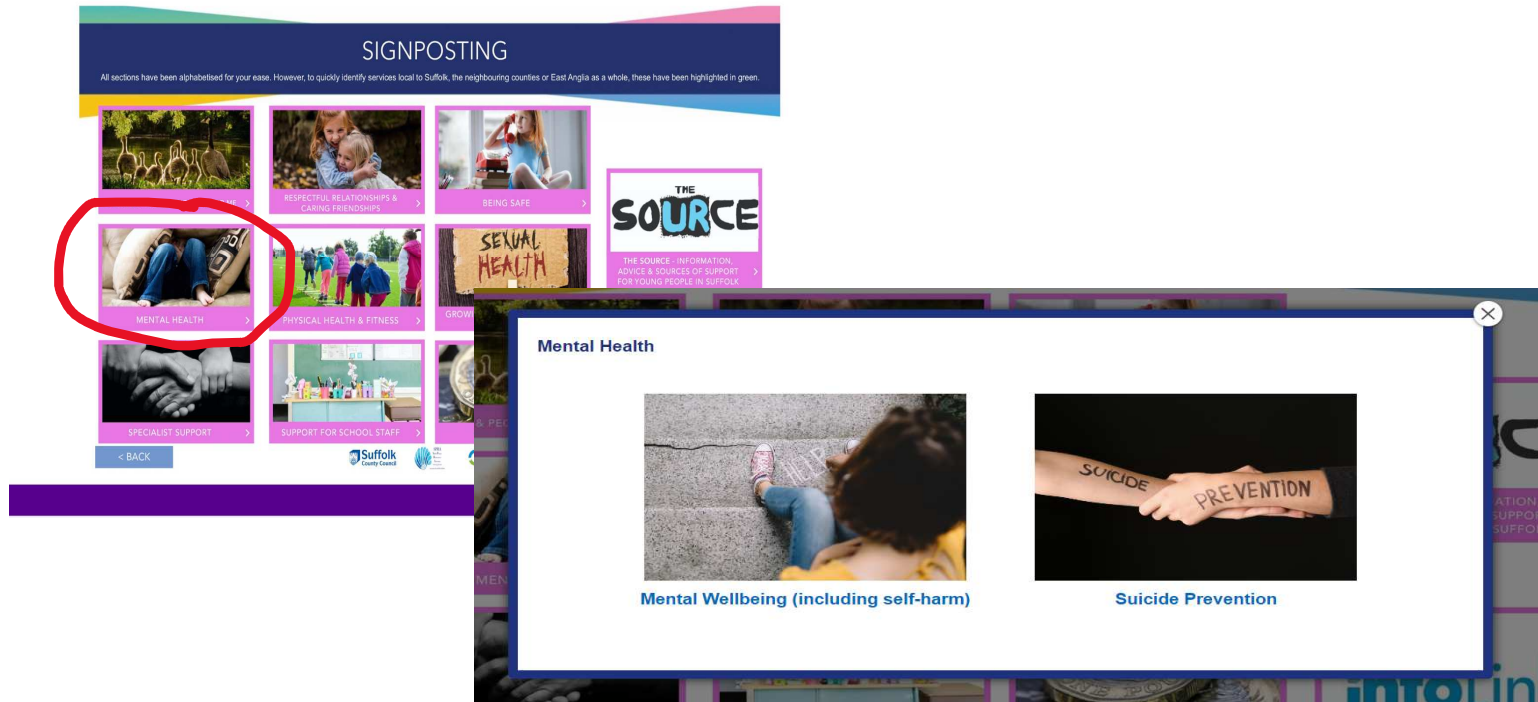
THE MENTAL WELLBEING RESOURCES



The screenshot displays a website interface for 'HEALTH RESOURCES'. At the top, there is a dark blue header with the text 'HEALTH RESOURCES'. Below this, a grid of eight resource cards is shown. The first card, 'MENTAL WELLBEING', is circled in red and features a pink starburst graphic with the text 'Suffolk Health Wellbeing Service'. Other cards include 'INTERNET SAFETY & HARMS', 'PHYSICAL HEALTH & FITNESS', 'HEALTHY EATING', 'CHANGING ADOLESCENT BODY', 'DRUGS, ALCOHOL & TOBACCO', 'HEALTH & PREVENTION', and 'BASIC FIRST AID'. A 'Settings and more' button is visible in the top right corner. Below the grid, there is a 'BACK' button and a card for 'ASTHMA MANAGEMENT IN EDUCATION SETTINGS'. An inset window on the right shows a navigation menu with four colored buttons: 'PRIMARY' (dark blue), 'SECONDARY' (green), 'SUFFOLK MIND' (pink), and 'HEALTHWATCH MY HEALTH, OUR FUTURE' (purple). Below the menu are logos for 'THE SOURCE', 'Department for Education', and 'Suffolk County Council'. At the bottom of the inset are three yellow buttons: 'EMOTIONAL WELLBEING BACK TO SCHOOL RESOURCES', 'SENIOR MENTAL HEALTH LEAD TRAINING', and 'SUICIDE PREVENTION'.



SIGNPOSTING TO MENTAL HEALTH SUPPORT



The screenshot shows a website interface for signposting. At the top, the word "SIGNPOSTING" is displayed. Below it, a note states: "All sections have been alphabetised for your ease. However, to quickly identify services local to Suffolk, the neighbouring counties or East Anglia as a whole, these have been highlighted in green." A grid of service tiles is shown, with the "MENTAL HEALTH" tile circled in red. A modal window titled "Mental Health" is open, displaying two images: one of a person sitting on a curb with the text "Mental Wellbeing (including self-harm)" below it, and another of two hands holding each other with "SUICIDE" and "PREVENTION" written on the forearms, with the text "Suicide Prevention" below it. The modal window also includes a close button (X) in the top right corner.






THE BOOKSHELF

BOOKSHELF

The bookshelf resources have been updated to reflect new materials that have come to the attention of the Schools Engagement Manager. The booklist is alphabetised for ease of use and any resources specifically for the use of teachers/professionals working with children are at the top of each list, highlighted in light green. Any books that have been added since the Bookshelf was last updated have been highlighted in grey for ease of reference.

The book lists are informed by recommendations from reputable and trusted organisations as well as from teaching staff via various PSHE/RSHE support groups on social media platforms. Where possible, age recommendations have been made according to the source they were derived from. However, many do not specify this, so they are marked accordingly. Please do have a good look through the lists to see what may be suitable for use in your setting. If any schools wish to share any book recommendations for inclusion on the bookshelf, please contact the Schools Engagement Manager at jane.stannard@suffolk.gov.uk

< BACK
SEND Booklist can be found in the SEND and RSHE Tab

Book:	Description:	Age range:	Source:
The teacher and the teenage brain - John Coleman 	The Teacher and the Teenage Brain is essential reading for all teachers and students of education. This book offers a fascinating introduction to teenage brain development, and shows how this knowledge has changed the way we understand young people. It provides a critical insight into strategies for improving relationships in the classroom and helping both adults and teenagers cope better with this stage of life. Dr John Coleman shows how teachers and students can contribute to healthy brain development. The book includes information about memory and learning, as well as guidance on motivation and the management of stress. Underpinned by his extensive work with schools, Dr Coleman offers advice on key topics including the importance of sleep, the social brain, moodiness, risk and risk-taking and the role of hormones. This book is extensively illustrated with examples from classrooms and with interviews with teachers. It explicitly links research and practice to create a comprehensive, accessible guide to new knowledge about teenage brain development and its importance for education. Accompanied by a website providing resources for running workshops with teachers and parents, as well as an outline of a lesson plan for students, The Teacher and the Teenage Brain offers an innovative approach to the understanding of the teenage brain. This book represents an important contribution to teacher training and to the enhancement of learning in the classroom.	For teachers (secondary phase)	PSHE Association and Faculty of Health and Social Sciences
A book of feelings - Amanda McCcardie 	Amanda McCcardie's supremely sensitive text explores different emotions through the eyes of two young children. Over the course of the narrative, Sam and Kate experience feeling happy, grumpy, embarrassed, shy, nervous, frightened, sad, angry and jealous. Salvatore Rubino's beautiful pictures show the children in many different situations at home and at school, while the text explores how emotions can change over time, escalating or fading away.	Unspecified	The Book Trust and The Scottish Book Trust
A handful of quiet: Happiness in four pebbles - Titch What Hahn 	Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practising pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.	Unspecified	PSHE Facebook support groups
A little root of anxiety: A story about	Anxiety comes from feelings of being worried, scared, or anxious. And although these feelings are quite common and	Unspecified	PSHE Facebook

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Emotional Wellbeing

This booklist contains a range of resources to support children to develop their emotional intelligence and become more literate with their emotions, worries, anxieties, and stresses.

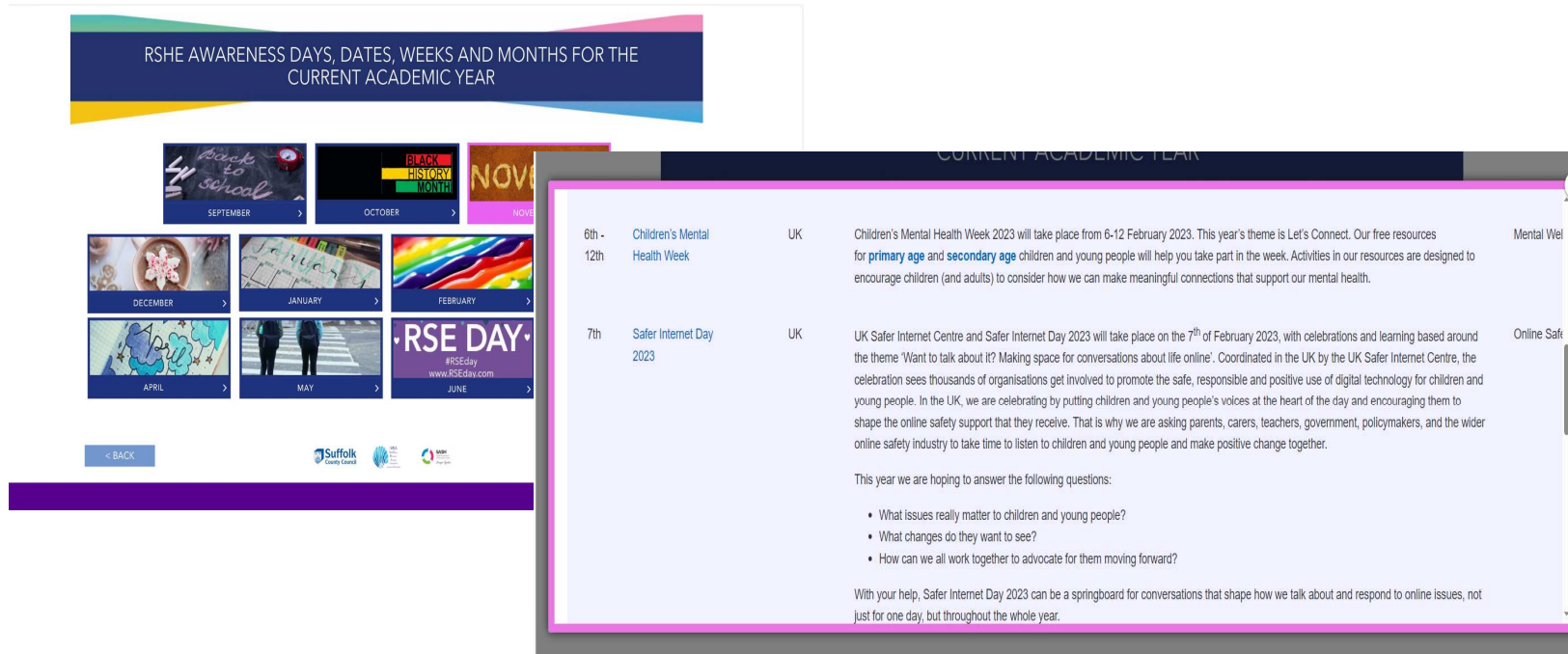
Open list

Self-Esteem
Loss
Abuse
Wellbeing
& being inclusive



THE RSHE CALENDAR

RSHE AWARENESS DAYS, DATES, WEEKS AND MONTHS FOR THE CURRENT ACADEMIC YEAR



Year	Event	Country	Description	Website
6th - 12th	Children's Mental Health Week	UK	Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is Let's Connect. Our free resources for primary age and secondary age children and young people will help you take part in the week. Activities in our resources are designed to encourage children (and adults) to consider how we can make meaningful connections that support our mental health.	Mental Wel
7th	Safer Internet Day 2023	UK	UK Safer Internet Centre and Safer Internet Day 2023 will take place on the 7 th of February 2023, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive. That is why we are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.	Online Saf

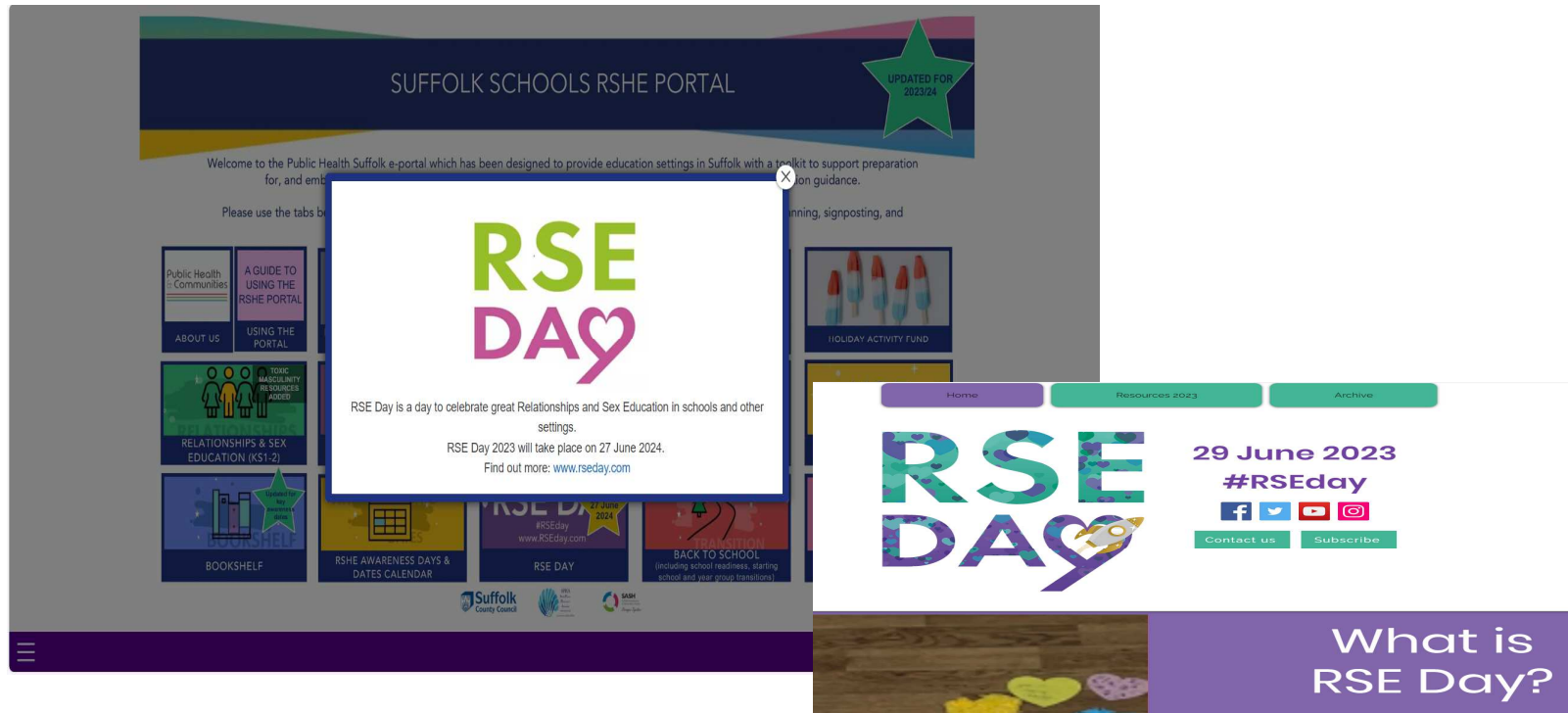
This year we are hoping to answer the following questions:

- What issues really matter to children and young people?
- What changes do they want to see?
- How can we all work together to advocate for them moving forward?

With your help, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.



THE RSHE CALENDAR



The screenshot shows the Suffolk Schools RSHE Portal website. A central pop-up window displays the RSE Day logo and text: "RSE DAY is a day to celebrate great Relationships and Sex Education in schools and other settings. RSE Day 2023 will take place on 27 June 2024. Find out more: www.rseday.com". The website background includes a navigation menu with "Home", "Resources 2023", and "Archive". A banner for "29 June 2023 #RSEday" features social media icons for Facebook, Twitter, YouTube, and Instagram, along with "Contact us" and "Subscribe" buttons. A purple box at the bottom right asks "What is RSE Day?".



THE BACK TO SCHOOL TAB



< BACK





Public Health
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MAKING CONTACT

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