

Senior Mental Health Lead Training – Network Meeting 21st September 2022

- Purpose of the network meetings
 - Opportunity to share good practice
 - Identify challenges and explore solutions

Agenda

- **Share experiences in your role as a Senior Mental Health Lead:**

Review progress/ challenges and next steps in completing your *Whole School Approach to Mental Health and Wellbeing Audit*

- ***A Give and A Get activity***
- **Statutory Requirements for Mental Health & Wellbeing in RSHE**
- **Local and national updates:** both from you and BSW
- **Identifying future needs:** training / network
- **Q&A and one to one time**

Whole School Approach to Mental Health and Wellbeing Audit



Swindon Healthy Schools Mental Health & Emotional Wellbeing Award



Bath & North East Somerset Council
Improving People's Lives

Bath & North East Somerset
Public Health Programme in Schools

Mental Health and Wellbeing Audit

Vs. 4 October 2021

School name:

Completed by:

Date completed:

Review date:

Sharing progress: A give and get activity

The give

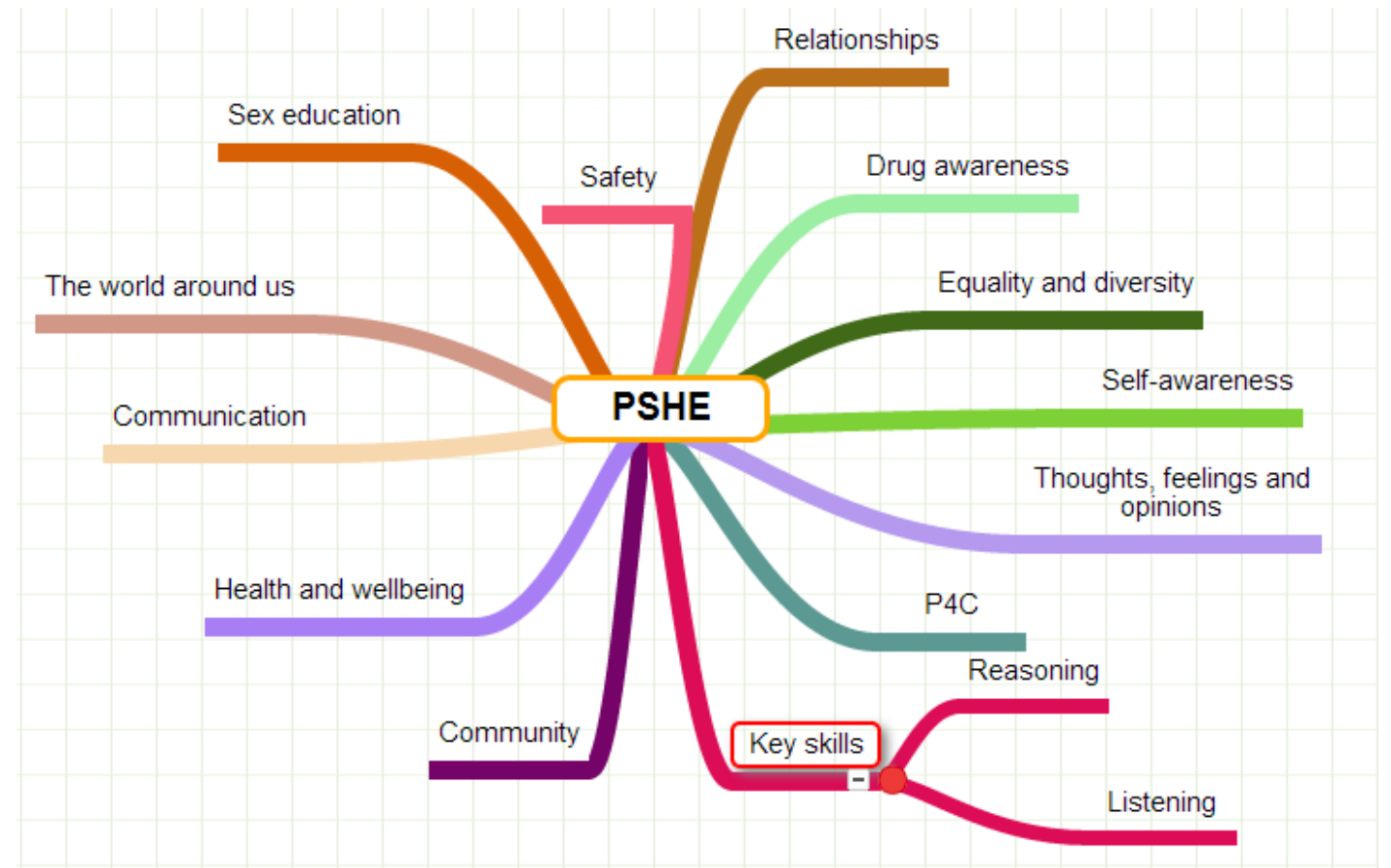
One thing you would like to share that might help others

The get

One thing you would like to hear others views on or be helped with



Statutory Requirements for Mental Health and Wellbeing in PSHE



Statutory PSHE – includes Relationship Sex Education (RSE) and Health Education (HSE)

What does a good PSHE curriculum look like?

- Programme of Study to integrate and sequence RSHE and non-statutory content effectively
- A coherent PSHE programme tailored to your school
- Learning opportunities to progress for each key stage
- Long-term planning
- Covers statutory RSHE
- Suggested content by key stage
- Include planning and guidance for SEND pupils too – in mainstream and special schools.



What do Ofsted look for?

- The model used to deliver the PSHE curriculum (long term plan)– whole school approach
- Strategies for clear progression
- How pupil are engaged when developing the curriculum.
- The **contribution of PSHE to pupils' mental health**

Map of the programme across Year 7 - 12

EMOTIONAL & MENTAL HEALTH	
	Isolation and mental health
Being unique, self-esteem & health	What affects mental health?
Talking about feelings	Support for mental health
Boosting my mood	Managing peer approval
Feeling low	Little things, big impact
Feelings & behaviour	Helping a friend or relative who is struggling to cope
Learning from mistakes	Developing self esteem and confidence
Managing disappointment	Stress, anxiety and depression
Mental health stigma	Unhealthy coping strategies, warning signs and triggers
Anxiety and depression	Preparing for change
Connecting with others	
Unhealthy comparison	
Positive self talk	

RELATIONSHIPS	
	Positive and respectful intimate relationships
Friendship	Family diversity
Families	Am I ready for a sexual relationship? (including consent)
Managing change in a friendship	Relationship loss and change
Peer influence	Being a young parent
Bereavement	Parenting and teenagers
Healthy ways to manage relationship feelings	The impact of separation and loss in relationships
Positive romantic relationships	The stages of a romantic relationship
Family disputes	Being lesbian, gay or bisexual
Positive and respectful online relationships	Gender diversity
Relationships & the media	Why do people choose to have a sexual relationship?
Perceptions and expectations in romantic relationships	

PERSONAL SKILLS DEVELOPMENT
Teamwork
Managing conflict in teams
Confidence building/group work/discussion
Active listening
Non-verbal communication
Managing misunderstandings
Accepting responsibility
Managing criticism
Study skills
Problem solving
Being a role model for younger people
What sort of influence am I?
Developing resilience

Importance of teaching mental health and emotional wellbeing through PSHE / RSE

- Promote pupils' wellbeing through an understanding of their own and others' emotions.
- Help pupils develop healthy coping strategies.
- Enhance safeguarding by providing pupils with the knowledge, understanding and strategies to keep themselves (and others) healthy and safe.
- Help to avoid stigma around mental health issues

This Anti-Bullying Week,
let's come together and reach out
to stop bullying.

**REACH
OUT**

Monday 14th to
Friday 18th November

#AntiBullyingWeek
#ReachOut



National Updates

[Anti-Bullying Week 14-18 November 2022](#)

[Meeting the needs of Looked after children](#)

[Free training and resources from YGAM](#)

[Sign up for the Charlie Waller Book Club](#)



B&NES updates but for everyone

Support for Schools Welcoming Pupils
from the Ukraine



Poverty Proofing Our School



Swindon Updates

- Raising Aspirations Programme – Please ensure schools engaged complete the How Are You? Survey.
- Watch this space for workshops around supporting refugees – workshops to be launched in Nov. More info to follow.
- Responding to and supporting victims of Hate Crime Webinar – Wednesday 12th October – Teams 10am – 12pm

Wiltshire updates of interest to all areas

Youth Mental Health First Aid – awareness training for school staff

[Youth Mental Health First Aid : Wiltshire Healthy Schools](#)

½ day online: Wednesday 23rd Nov 2022 (Wilts £70, other LAs £125)

Other training dates for 2022

[Training and events : Wiltshire Healthy Schools](#)



Wiltshire Council



Further network sharing

- What projects / resources etc would you like to highlight?
- Next training session 7th December 2022, 3:30 – 5pm
- What would you like to cover in future network meetings?
- Q&A and further support if required
- [KNOWLEDGE HUB](#)