Children's Mental Health Information Meeting

Merley First School Tuesday 14th March 2023

Welcome

Growing together to build our future

initio Learning Trust

Pastoral Support for mental health at MFS
3 main areas

Pastoral support

Supports ethos of whole school - enabling children to feel secure at school

Ongoing support or a set time period, reactive

e.g. family break up, parenting support, listening ear, friendship issues, transition, regulation etc.

ELSA (emotional literacy support)

Time limited intervention developed & supported by educational psychologists for children's social and emotional development.

Regular clinical supervision for ELSA's and training

Help children learn to understand their emotions, time and space for children to think about their personal circumstances and how they manage them

Help children to find their own solutions.

e.g.identifying, understanding & managing feelings, self esteem (security, self-awareness, belonging & motivation, social & friendship skills), bereavement etc.

Nurture

Short term focussed intervention

e.g.turn taking, listening, behaviour, role modelling, young carers, making friends, transition, friendships, social skills

Training

BCP ‘PACE’ training-trauma informed approach -‘playfulness, acceptance, curiosity, empathy’

- What works for children and young people who have experienced trauma
- Good relationships are the key to healing trauma
- Every interaction is an intervention!

BCP wellbeing for education

- Whole school approach to mental health
- Anxiety
- Change, loss, bereavement

MOSAIC childhood bereavement charity

- working creatively with bereaved children

Dr Karen Treisman emotional regulation tools

Initio partnership and training

- Senior mental health leads from across the Trust meeting to share mental health action plans and resources

- Whole Trust Behaviour and mental health Inset Day January 2023

- Pastoral leads network across the Trust to share ideas, resources and challenges

Senior Mental Health Lead role

Government funding for a SMHL in every school by 2025
Course modules based on Public Health England model:
Mental health and the education context
Creating an ethos and environment
Identifying need and monitoring impact
Targeted support and appropriate referral
Curriculum teaching and learning
Enabling student voice
Staff development
Parents families and carers
Steps to success
Understanding links to SEND
Creating a strategic plan

Merley First School Mental Health Action Plan

- Audit against the Public Health England 8 point model
- 3 year plan
- Staff training on mental health awareness
- Termly Inclusion coffee mornings
- Lunchtime 'calm zone' developed with voice champions
- PTA friendships benches/competition for signs
- Analyse Zumos information for common themes
- Half termly mental health focussed assembly (talking mental health/finger breathing/time to talk/calm zone)
- Weekly voice champion led assembly
- Annual children's mental health week
- Develop Merley First School mental health policy
- Parent mental health information session including promoting the use of Zumos

ZUMOS™

how do you feel today?

A wellbeing, resilience and self-confidence building system

Me Time Minutes

Zumos

The mission of Zumos is simply to teach people how to be happy … **how to feel it, find it, build it or be it**.

It has all the tools needed to deal with life's challenges and tragedies as they arise.

Zumos aims to build self-confidence and wellbeing. It helps to practise being a mindful person and builds inner strength to be a resilient person.

Chill Room

Mindfulness 2-3 minute exercises (aiming for 20 minutes a day). This is to help children relax. It can be done as a whole class. Breathing exercises are proven to help reduce anxiety.

Visualisations – more in depth mindfulness exercises (10-15 minutes).

Games Room

Popular with children – it has supportive content which is based on cognitive behavior modification. It has little games which help to reinforce positives. The aim is for about 30 minutes a week.

Four main games: Face Chase, Gridler, Pip Hop and Power Quiz

Life Book

Journal – like a diary but more of a journal. This has various mood scales (emojis, weather symbols, colour etc.) which are just different ways to express mood.

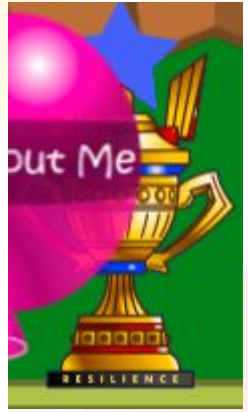
This is intended to be a daily record which requires individual logins but could be completed at home or at school. The life book can be completed retrospectively and can be edited.

My Room

My Room contains support titles based on common worries. These appear on the balloons: Friendships, My Family, All About Me, My School, Staying Healthy, My Community.

There are lots of subject areas dealing with different worries and each one lasts from 3-5 minutes.

My Room …



How to be Happy – which is intended to be played daily to a class (2–3 minutes). A different topic is explored each day to deliver empowerment messages.

Resilience Trophy at the back builds as children do things.

Worry Box

Worry Box gives children an opportunity to submit a worry in writing. Children simply have type-click-send.

If a child sends a message, the class teacher receives an email to notify them and can respond to the message.

Me

Here children can personalize their own avatar.

Both the KS1 and KS2 portals have the same features but the layout and appearance is different – KS1 is child friendly and KS2 more mature.

BCP

SEND Graduated Response

NHS
Dorset Clinical Commissioning Group

BCP Council

Version 3: Bournemouth Christchurch & Poole

Updated September 2019

Cognition and Learning
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Communication and Interaction
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Social Emotional and Mental Health
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Physical and Sensory
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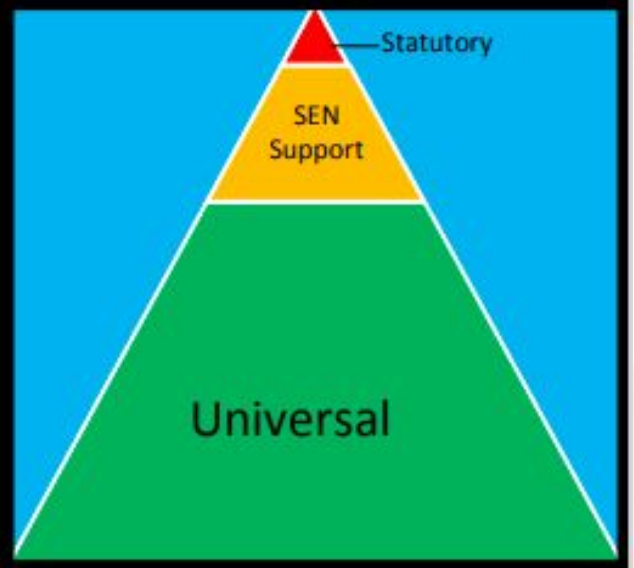
School Age



Any Questions?