

Education Wellbeing

Briefing for Schools July 2020

closely together to do this within localities across

the city. We will be realigning resources to support local toolboxes across groups of schools, as we prepare for our children and young people to return.

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**Assistant Director for Inclusion, SEND & Wellbeing**

Introduction

We are really pleased to bring together this first wellbeing briefing.

We know how difficult these times are for school leaders in managing so much uncertainty, and the incredible work you are doing to manage such exceptional circumstances. In the forefront of all our minds is the importance of working together to support each other in the task ahead and in doing so to be mindful of the effects the lockdown has had for all of us in different aspects of our lives. To that end we wanted to ensure we placed head teacher wellbeing at the heart of the work we are doing.

You will see from the article written by a special school head that the roll-out of the executive coaching has been very well received and we are offering head teachers the opportunity to take time out to reflect what that means personally as well as in the context of your leadership role.

We were really pleased with the engagement from schools and health colleagues in our first webinar with Professor McLaughlin and Professor Banerjee. They shared about the long-lasting effects that schools have on children’s and young people’s lives – especially the protective effects during times of stress.

We are looking forward to their insight and support in the coming months as we prepare for the challenges that lie ahead. In particular, we will be working with them closely to understand the importance of the integration of personal and social development, cognitive development, and the development of good mental health. The work will also include links to families and carers.

The team have been working closely together over the weeks and will be sharing with you in more detail the plans to work with schools in each locality of the city. We want to ensure that there is a wellbeing strategic lead and champion in every school, so that together we can work effectively, using our pooled resources and specialist teams.

We will be sharing with you in the coming weeks some ideas of the ways the team will be working

Wellbeing and the Return to School Focus

We are currently in the process of developing a citywide graduated approach to addressing pupils’ wellbeing needs. We are looking to the appointment of wellbeing leads from senior leadership teams as well as a practitioner within each school. In the coming months we will be working within locality school teams to assist with building their capacity to be more effective in their roles.

During this term, the EPS have offered wellbeing support to individual staff or groups of staff in schools. Workshops on PERMA – that promote wellbeing across groups of staff – have been particularly valued and will continue to be available through your school’s EP.

Trauma Informed/Attachment Aware Schools Training will continue but will now include specific training in relation to the trauma experienced as a result of Covid-19. Schools which have already had this training will be offered a webinar ‘Being trauma informed and promoting community resilience’ which looks at understanding and making sense of the collective trauma we have experienced, promoting individual and collective resilience, recovery and healing following the Covid-19 pandemic.

Please signpost parents to our video entitled

Building your Child’s Resilience During Covid-19

<http://www.birminghameducationsupportservices.co.uk/Page/17194>

Education Psychology

The resources page on the [Edward’s Trust](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.edwardstrust.org.uk%2Fresources&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981673943&sdata=Y9fq9pdtKATMB6jhiwrTx67uvbee0lSfnTX9bBOUzxM%3D&reserved=0) website and [AtaLoss](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.ataloss.org%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981683940&sdata=4JMHxXh8QjHGp9BZhDWQHQgag2kibTfVYJ0tXpXzqno%3D&reserved=0).org signpost to other charities and resources and nationally, [Child Bereavement UK](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.childbereavementuk.org%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981683940&sdata=sejA3HMixx4YIdHjEd40Z0zmtfVibO0q5Y783yPqSsI%3D&reserved=0) and [Winston’s Wish](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.winstonswish.org%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981693932&sdata=GQ4ZjSWeCFOsYsIgg%2FP5NHcElbNsAv5u1j9%2BRdpFYqA%3D&reserved=0) have lots of great resources to help you support bereaved young people. One to highlight is:

[childbereavementuk.org/online-learning-for-schools](file:///C%3A%5CUsers%5CBEPSABT%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CWIWQCI1Z%5Cchildbereavementuk.org%5Conline-learning-for-schools)

National charity Winston’s Wish have a half-hour bereavement training film that can be viewed here: [https://www.winstonswish.org/childhood-bereavement-training-video/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.winstonswish.org%2Fchildhood-bereavement-training-video%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981703934&sdata=kLK6mYG1bhHyTPTMpg5kFLkrvePrAfeDoUSXMXvHbvc%3D&reserved=0)

As part of developing this programme the EPS and BEP will be meeting individually with schools in September to review your approaches in supporting the wellbeing of staff and children and young people and to understand what is working and not working and how we can work more closely as a team. As we work more closely together, we will also be seeking to establish local networks, where issues can be shared and problem-solved and localised training and support provided including the development of a local toolbox of individual support as well as a range of professional development.

BEP are currently working closely with the governor support team to develop guidance and support to ensure that governors have a basic understanding of mental health and are equipped with the questions and explorations that governing bodies can take with schools.

Home Bridging Support for Anxious and Phobic (KS)

The local authority has introduced a new Home Bridging Team to support children and young people who are anxious and phobic.

The skilled workforce has been working closely with children and young people and their families around their anxieties in returning to education and have formed good relationships with schools to support in their transition back to school. This term, out of 83 children who were home tutored, the team have supported 64 children in gaining a place back in school. Moving forward into the autumn term the team will be working within localities to establish a local offer of support across the city and at all Key Stages.

Governor Guidance

The bereavement pathway is up and running with a single point of contact through Cruse Bereavement Care. This continues to be available throughout the summer. The six organisations working within this pathway are also noticing that there has been an increase in contact from those who have experienced historical bereavements where the current lockdown and Covid-19 pandemic has triggered a need for further support.

[Edward’s Trust](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.edwardstrust.org.uk%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981643959&sdata=bDRdygvIvfwI2aF5XGMeBnNqDIqLlp65PN2f5kW%2BlsI%3D&reserved=0), [Beyond the Horizon](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.beyondthehorizon.org.uk%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981653951&sdata=surnXNF9XfZjHolcfGHyvqNkfykC2Bux6tGw%2Brb7h94%3D&reserved=0) and [St Mary’s Hospice](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.birminghamhospice.org.uk%2Fexplore-our-services%2Fchildrens-service%2F&data=02%7C01%7C%7C72ef0a5584064630c08908d8249d39ed%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637299604981663957&sdata=QWApe33BRMWcz9oxvANghZYu2JNKLMCUREWK65Ngj4s%3D&reserved=0) offer local one-to-one bereavement counselling (which is currently a mix of socially distanced face-to-face and phone or online support).

Bereavement Support

The educational psychology service has produced several resources to assist the transition back into school:

* ‘Parent Guide: Practical tools, tips and resources for returning to school’
* ‘I’m going back to school story’
* ‘Supporting the return to school: Encouraging flexible thinking for children with Autism Spectrum Condition’

These are available at: <http://www.birminghameducationsupportservices.co.uk/Page/17194>

Transition Materials

The young people gave lots of thought-provoking viewpoints such as:

Asked how they would describe the lockdown, young people’s comments ranged from ‘boring’, ‘stressful’ and ‘demanding due to a high workload’ to feeling ‘free’ and ‘having the space to think’. The young people reported that what they missed most about being in school was:

* Having structure within my day
* Seeing my friends and speaking to them throughout the school day
* Seeing and speaking with my teachers each day.

*‘The contribution which was provided by the SEND Youth Forum was very well received. It was a very interesting meeting to see how the present situation is affecting them. Other colleagues were inspired by the findings of the meetings’*

*‘It was also clear that routines and daily positive experiences of school are important for young people alongside having friends.’*

***Professor Colleen McLaughlin***

Head Teacher Wellbeing

Five head teachers participated in a leadership mental fortitude programme, facilitated by Chrysalis Mindset coaching. The one-day seminar focused on emotional resilience, wellbeing, emotional intelligence and core values, also providing participants with in-depth transformational thinking and reflection time. This was followed up by three individual one-to-one executive coaching sessions, which allowed heads to discuss key issues, supporting their leadership and wellbeing.

‘I found the time out verypowerful, thought-provoking and the supportive training package has certainly influenced and empowered my practice and leadership.’

***Jackie Smith, Baskerville special school***

What the Young People Think

The Birmingham SEND Youth Forum invited Professor Colleen McLaughlin, Director of Educational Innovation at the University of Cambridge to their meeting on 28 May. The aim of the meeting was to discuss young people’s feelings and mental wellbeing during lockdown, and also to discuss what schools can do to support young people emotionally and socially to strengthen good mental health.

The young people were posed questions such as:

* What have you really missed about school following Covid-19 lockdown? What words would you use to describe this?
* What makes for a good/bad day at school? What needs to happen in school which would make you feel stronger and better about yourself?
* What can school do to help and support you and your mental wellbeing?