Education Wellbeing Briefing

For Schools Spring 2021

**INTRODUCTION**

Welcome to the first Spring Edition of the Education Wellbeing Briefing. We are pleased to present current developments pertaining to programmes and initiatives available that aim to promote both staff and pupil wellbeing. If you have further ideas about how the EPS, BEP or Forward Thinking Birmingham can continue to support you, or you’d like to share a particular challenge that you’re facing in your school, please do keep the conversation going with your EP, BEP and FTB professionals.

I hope you enjoy reading March’s Wellbeing Briefing.

**Nichola Jones, Assistant Director, Inclusion SEND and Wellbeing**

* [Staff wellbeing](https://bep.education/events/mental-health-short-staff-well-being-3/) training for leadership and [Bereavement](https://bep.education/events/bereavement-and-loss-training-session-hosted-on-zoom/)  training for mental health and pastoral leads
* Continued access to all #you’vebeenmissed resources remain available via this link [#ybm](https://bwc.nhs.uk/youve-been-missed) with guidance for education professionals around early intervention for pupils included under the education professionals tab.
* Workshops for mental health leads and pastoral staff on increasing use and methods for [Reflective practice](https://bep.education/events/) and debriefing in school.
* Places for [SP-OT training](https://bep.education/events/)  for key secondary staff delivered by Papyrus
* Access for Birmingham parents to a "Start Building Resilience Community Package" (a FRIENDS for Life programme: [https://friendsresilience.org/friendsforlife](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffriendsresilience.org%2Ffriendsforlife&data=04%7C01%7Cdeborah.j.benjamin%40birmingham.gov.uk%7Cdd5c92f72b1144a754bd08d8d7e19e60%7C699ace67d2e44bcdb303d2bbe2b9bbf1%7C0%7C0%7C637496711306756755%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=wUSWP6RrOO4v6mt9%2BooR1PnmQw9Qe5Q9lYvDraybwgA%3D&reserved=0)) to help their children better manage their feelings, develop more helpful thinking leading to a greater sense of wellbeing during the pandemic recovery phase. Interested parents can find out how to access this package from either the BEP website (<https://bep.education/>) or the Educational Psychology Service section of the BESS website [EPS](https://birminghameducationsupportservices.co.uk/Services/4524#:~:text=The%20Educational%20Psychology%20Service%20is%20the%20sole%20provider,and%20other%20educational%20establishments%20are%20able%20to%20purchase:) . The package consists of:

We were delighted to welcome so many Mental Health Leads to the Wellbeing for Education Return (WER) Sessions before Christmas. If your Mental Health Lead was not able to attend or you would like to view the session again, a recording can be downloaded here [WER Recording and slides](https://we.tl/t-DWWuUOilmh) for the next month. Putting your school’s wellbeing lead in touch with us via Joshua.panteli@bep.education ensures that we can link you up with the most up to date resources and information.

The next phase of the WER is responding to needs identified by schools in evaluations and also from our wider system knowledge. Specific resources (including links) to support you that can be accessed now are:

* A [Short film](https://youtu.be/KI_xyNB598M) from Birmingham Children’s Partnership (40 seconds!) for parents highlighting support available.
* Resources from the Educational Psychology Service [EPS](https://birminghameducationsupportservices.co.uk/Services/4524#:~:text=The%20Educational%20Psychology%20Service%20is%20the%20sole%20provider,and%20other%20educational%20establishments%20are%20able%20to%20purchase:)  to support return to school and recovery
* The newly developed [Psychological First Aid (PFA) for supporting children and young people in emergency and crisis situations.](https://protect-eu.mimecast.com/s/etMJCPYJ7fKNrrT1WIwO?domain=eur01.safelinks.protection.outlook.com)  This training is suitable for all staff in school.
* Additional training supported by the [MindEd Hub](https://www.minded.org.uk/Component/Details/593682) and Anna Freud Centre on frequently presenting issues

**Wellbeing for Education Return Programme**

Programme for over two years now. During this time this universal, programme has supported schools in Birmingham in taking steps to adopt relational approaches and nurturing environments necessary for even our most vulnerable pupils to thrive. This term 22 settings are taking part in our TIAAS training. There are many TIAAS settings taking part in the ongoing 3-year TIAAS CPD network curriculum and representatives from 35 settings attended our most recent CPD event.

A setting that has recently been awarded the ‘Gold TIAAS Award’ for successfully implementing positive systemic changes to better support the emotional development of their pupils is Colmore Infant and Nursery School. This level of certification reflects that attachment aware and trauma informed practice is embedded in all aspects of the school community. The far-reaching changes that the school have made includes revising their behaviour policy and sharing emotion coaching as a universal approach with parents. Pupils at the school have enjoyed talking about the safe spaces in their school. They also talk about “feelings friends” in their class which are used to help children understand how feelings work in their bodies. Parents speak positively about how staff normalise situations where their children have felt overwhelmed by different emotions and have demonstrated empathy for the children.

Alix Etheridge, Deputy Head Teacher and SENCo at Colmore Infant and Nursery School will be sharing her experience of using the TIAAS approach in response to the pandemic at the TIAAS celebration event on 31st March. In relation to completing the certification process, she said the following:

*"There cannot be a more important time in our lives to prioritise support for the emotional wellbeing of our children and everyone within our school community.  The TIAAS approaches have enabled us to develop our practice, to ensure consistency within our approaches, to truly value our relationships & connections to each other and to learn how to effectively use emotion coaching strategies.*

* + A 2-hour video aimed at equipping adults and teenagers with resilience building skills;
	+ eBooks per relevant age group (adults & teens / children / young children)
	+ A printout with resilience building tips to be used as a quick resource for families to refer to.

We are continuing to proactively respond to what you are telling us you need. In addition, upcoming work includes:

* An open webinar for school leaders delivered by the Educational Psychology Service, Birmingham Educational Partnership and Forward Thinking Birmingham (FTB) to continue to support you with return to school
* Practical resources from FTB to provide help to schools supporting children living with eating disorders

**Wellbeing Networks**

The Aston-Nechells and North West Consortium have started their journey to improving wellbeing within their school communities. Using an action research model that begins by recognising and building on strengths, the schools involved have discovered what is working well to support wellbeing throughout their school community and are now working on identifying their ‘dream’. We are really excited that schools in the network can undertake this journey together. The network provides a space for wellbeing leads to connect, share and collaborate, and ultimately work together to make a positive difference to the wellbeing of their community. Further Wellbeing Networks are currently under development across the city.

**Educational Psychology**

**Trauma Informed Attachment Aware Schools (TIAAS)**

Birmingham Educational Psychology Service and Birmingham Virtual School have been working together to offer the TIAAS

*Gaining accreditation validates our ethos and vision for our caring school community - it really is a badge of honour we will wear with pride!"*

If your school is part of the TIAAS programme then please come along to our celebration event on 31st March 2021, we would love to see you there. To access the virtual event please email Kathryn.Brown@birmingham.gov.uk

We are now offering the opportunity for Birmingham schools to apply for a certificate in Trauma Informed Attachment Aware practice. There are three levels of certification to reflect a school’s ongoing commitment to developing this practice in their community; bronze, silver and gold.

If your school is interested in the TIAAS certification process, please talk to your school’s visiting Educational Psychologist.

**Emotional Literacy Support Assistants (ELSA)**

The ELSA (Emotional Literacy Support Assistant) intervention builds capacity in schools to support the emotional needs of their pupils. This is achieved by training teaching assistants / learning mentors to develop and deliver more targeted support programmes.

The ELSA training programme started this term and training sessions will continue throughout the summer term. The training was attended by 52 trainee ELSAs from schools across the city. Training has been adapted so that most sessions will be delivered virtually in line with the revised guidance from the ELSA network.  The first session was successful with positive comments received from the trainee ELSAs who were able to share their current good practice, particularly during the pandemic, and to learn some additional skills. Positive comments received from attendees included:

“Having an Ed Psych to support you, qualifies your practice with the school”, “The course sounds brilliant!”