

Support for Schools in B&NES

Welcome : -

Public
Health in
Schools
Programme

Public
Health
Nursing

Primary
Empowerment
Programme

ELSA

Off the
Record
Counselling

Children
Workforce
Development
Training
Programme

Health &
Wellbeing
Survey

MH in
Schools
Practitioner

CAMHS

Resilience
Hub

Staff
supervision
sessions

Ed Psych
helpline.

Early Help
Services
and App

Kooth

Public Health in Schools Programme

<https://thehub.bathnes.gov.uk/Page/11013>

- ❑ Best practice guides
- ❑ Resources and links
- ❑ Campaigns and ideas
- ❑ Newsletters
- ❑ Themed workshops
- ❑ Response to requests
- ❑ Children and Young People Survey
- ❑ Supporting schools with Ukrainian pupils
- ❑ Poverty Proofing Our School
- ❑ Healthy weight workshop
- ❑ Vaping resources
- ❑ RSE audit & resources
- ❑ Infection control and health protection





Mental Health and Wellbeing: A Whole School Approach



Mental Health and Wellbeing: Resources to support your delivery

Here you can find a wide variety of B&NES and national documents, websites and other links related to the support and delivery of positive mental health and wellbeing in schools.

<https://thehub.bathnes.gov.uk/Page/11238>



Bath & North East Somerset
Public Health Programme in Schools

Mental Health and Wellbeing Audit

Vs. 4 October 2021

School name:

Completed by:

Date completed:

Mental health and wellbeing criterion

Criteria	Best practice / green level	School evidence (insert)
1. Leadership and management that supports and champions efforts to promote emotional health and wellbeing <i>Links to Ofsted</i>	1.1 The leadership team champions efforts to promote mental health and wellbeing to ensure this is accepted and embedded within the whole school	Type here
	1.2 Have a named senior mental health lead who takes a strategic role in developing a whole school approach to mental health and who advocates for the needs of children and young people within the context of wider local strategic planning and in influencing local commissioning arrangements	Type here
	1.3 Have a named School Governor with knowledge and understanding of mental health issues who supports a whole school approach	Type here
	1.4 Mental health and wellbeing is prominently referenced within school improvement plans, policies and practice (e.g. safeguarding, confidentiality, PSHE, behaviour & rewards	Type here

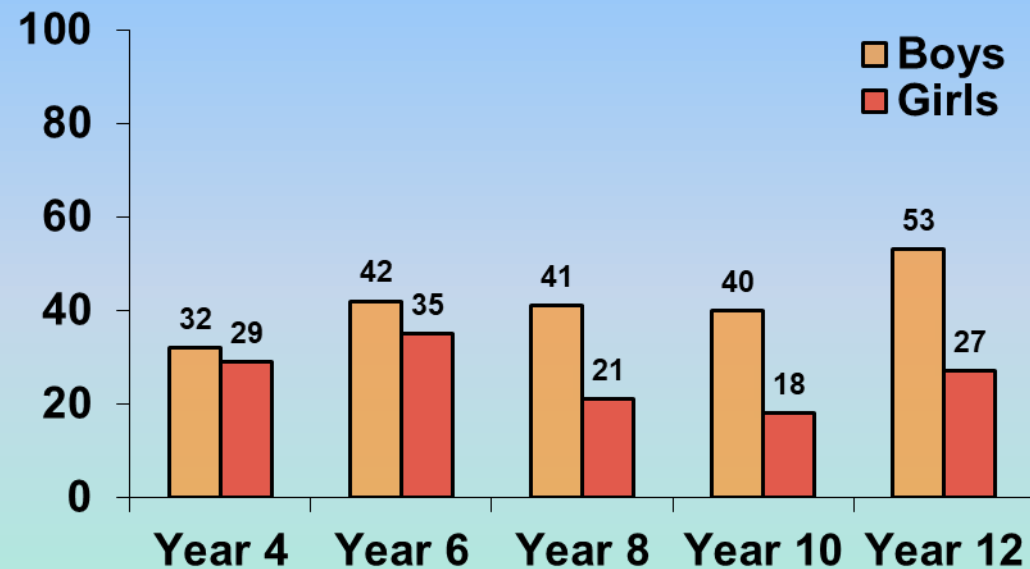
School judgement
(tick as required)















High self-esteem

34% of **primary** pupils and **30% of secondary and FE students** recorded levels of high self-esteem.



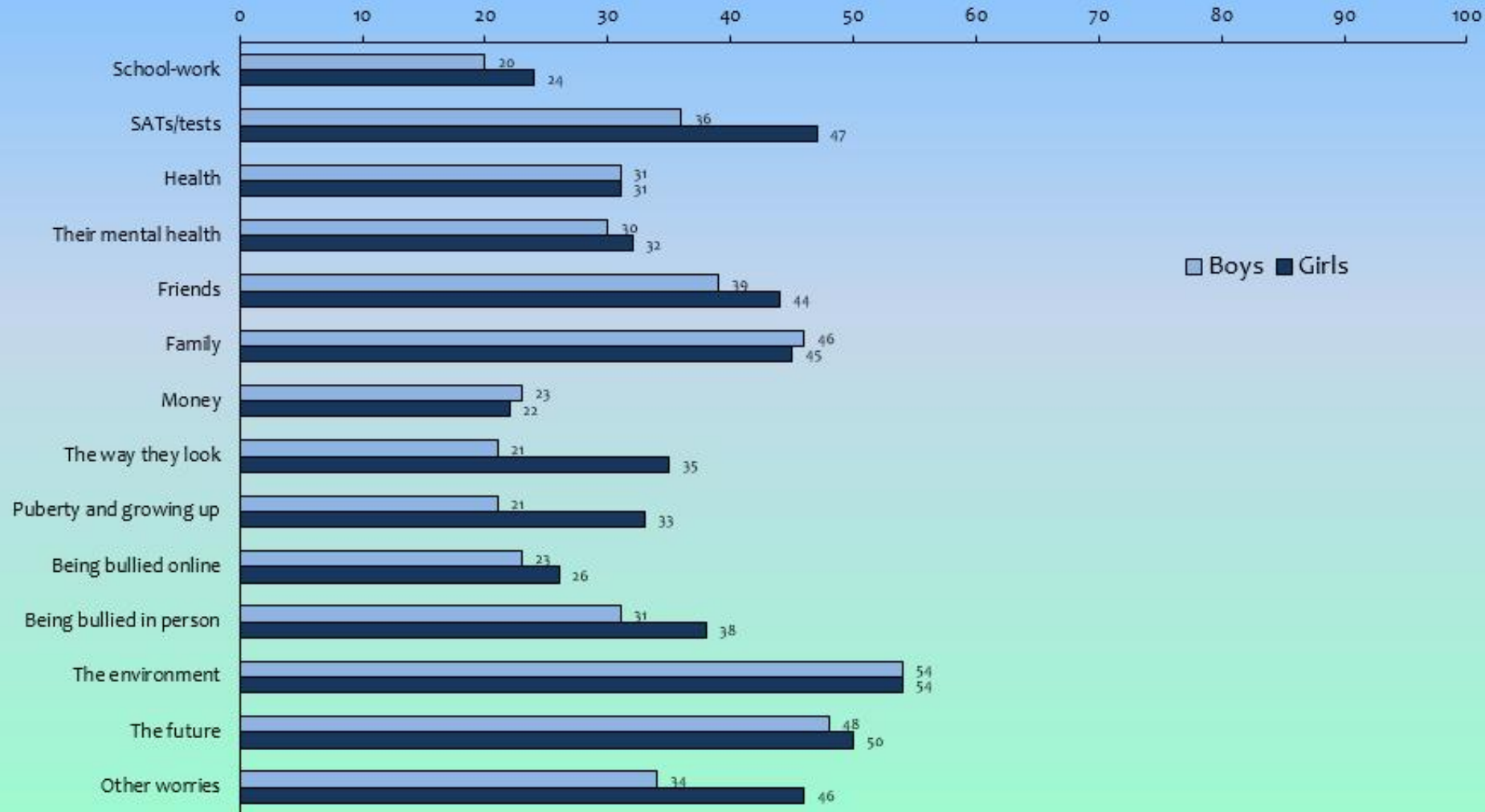
≠ Pupils eligible for **free school meals / SEND** and **young carers** were significantly less likely to have high self-esteem

Least positive differences between Ever-6 Pupil Premium and Non-Pupil Premium:

	Ever-6	Non-PP	
↑ Pupils who said they were in the same room as someone smoking at least 'once or twice a month' in the past year.	38%	25%	
↑ Pupils who 'never' wear a safety helmet when they cycle.	33%	20%	
↑ Pupils who are a 'young carer'.	9%	4%	
↓ Pupils who had a high self-esteem score (15 or more).	20%	31%	
↓ Pupils who feel happy talking to other pupils at school.	59%	69%	
↓ Pupils who responded in the <u>higher</u> half of the scale for feeling satisfied (6 – 10).	54%	64%	
↑ Pupils who think they have been picked on or bullied because of the way they look.	40%	30%	
↓ Pupils who know how to prevent HIV/AIDS.	40%	50%	
↓ Pupils who use the internet for school work.	71%	79%	
↓ Pupils who cleaned their teeth at least twice on the day before the survey.	78%	85%	

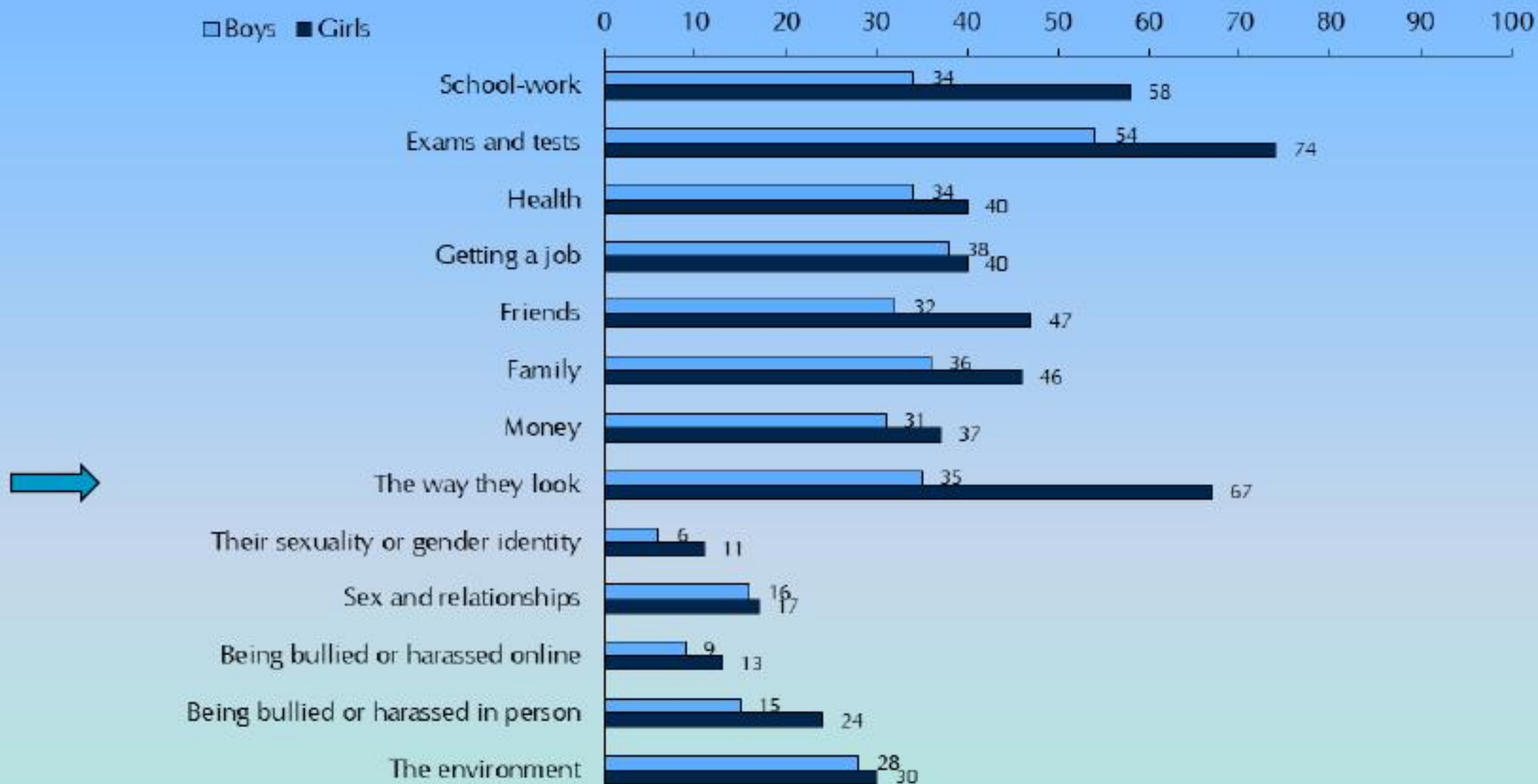
Worries - Primary

Q29. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



Worries - Secondary

Q39. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':

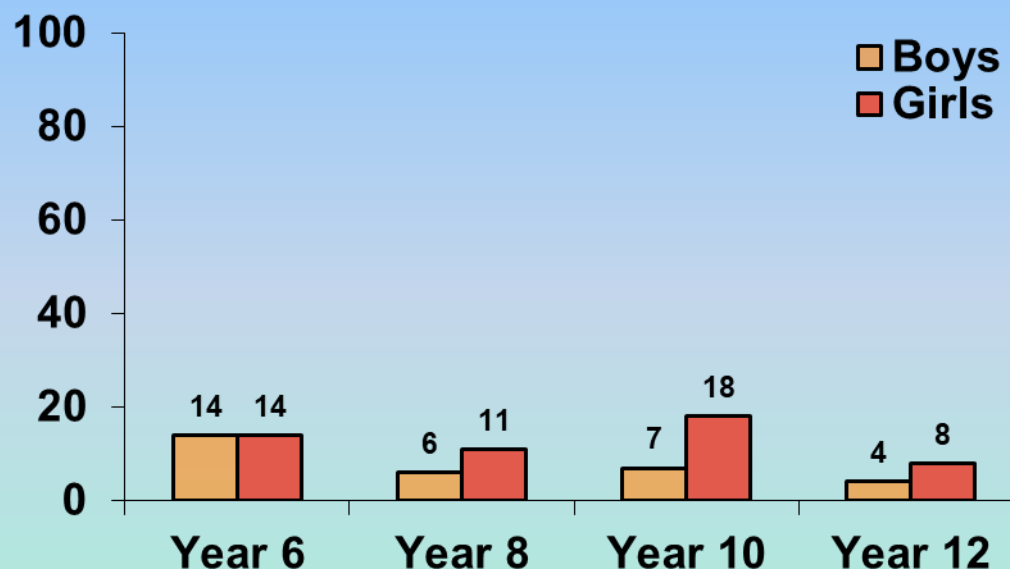




Problem solving



14% of primary pupils and **11% of secondary and FE students** said if they had a problem they would deal with it by hurting themselves in some way 'often' or 'always'.



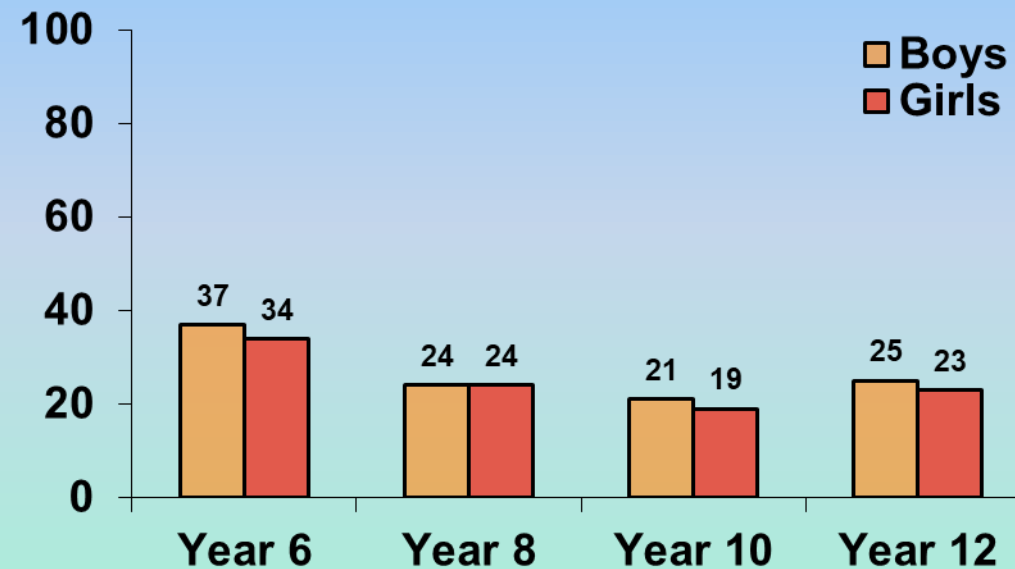
- ≠ Year 6 **Young carers** were more likely to hurt themselves at least 'sometimes' (63% vs 34%).
- ≠ Year 6 pupils with **SEND** were more likely to hurt themselves at least 'sometimes' (50% vs. 32%).



Problem solving



36% of primary pupils and **22% of secondary and FE students** said if they had a problem they would deal with it by spending time in green spaces.



Welcome

Jane De Ste Croix

Lead Educational Psychologist
Educational Psychology Service
Bath & North East Somerset
Council

psychology_service@bathnes.gov.uk

Sue Anderson

School Nurse Service

St Martin's Hospital, Clara Cross
Lane, Bath BA2 5RP
t: 01225 831 666

BATHNES.schoolnursing@hcrhcaregroup.com



School Nursing Offer for Mental Health Needs in Schools

About our service

We are a small service; we cover all the schools in BANES with 11 whole time equivalent nurses.

- We are Children's Public Health Nurses - emotional health and wellbeing is only part of our role
- We are a universal Early Help Service. We offer assessment to children and young people referred to us, we are not Mental Health Specialist Nurses.
- We also offer options for self-referral such as 'drop in' at secondary school and CHAT health
- We then decide if they meet the criteria for Early help intervention or if they need another service. E.g., MHST, counselling, CAMHS, school pastoral support, mentoring or signposting and facilitating parents and carers to web based self- help resources

We can help with

- Anxiety
- Low mood
- Self-harming
- Disordered eating
- Sleep problems

We are unable to support with

- Behaviour difficulties/anger management
- Children waiting for CAMHS intervention who have been assessed by CAMHS.
- Children/YP with diagnosed mental health difficulties who need ongoing therapy.
- Children/YP with ASD and anxiety
- If children/YP are already working with another service.

Chat Health



IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE
07507334357

WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...

EMOTIONAL HEALTH & WELLBEING BULLYING
SELF ALCOHOL SMOKING
HARM HEALTHY EATING SEXUAL
DRUGS CONTRACEPTION HEALTH

Text us for confidential advice & support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.



0031A-03/2024

Contact details

School Nursing Service – generic email

BATHNES.schoolnursing@hcrpgcaregroup.com

Telephone: 01225 83166 St Martin's Hospital

Telephone: 01761 408111 Paulton Hospital

We can also set up a confidential email using [encrypt]

Please refer to our service using the HCRG Care Group Multi-agency Referral Form (this is currently being reviewed)

The Educational Psychology Team B&NES

WE

Stand Against Racism and Inequality

Improving People's Lives



Bold



Empowered



Supportive



Transparent



Educational Psychology Service Support

18th January 2023

Senior Mental Health Leads Session

Jane De Ste Croix
Lead Educational Psychologist

Relevant support which we offer

- **Advice and support – advice line and school link EP**
- **Resources and information**
- **Staff supervision sessions**
- **Emotional Literacy Support Assistant (ELSA) training and supervision**
- **Emotionally Based School Avoidance advice and support – new development**



Casework Offer

Education, Health and Care Needs Assessments Requested through the SEND Team

Consultations for children and young people who have an Education, Health and Care Plan –

Support in implementing the EHCP
Reducing the risk of placement breakdown
Exploring barriers to learning

Consultation Request Form:

<https://livewell.bathnes.gov.uk/special-educational-need-or-disability-send/professionals-and-senco-section/educational-psychology>

School Link EP

Each school has an allocated link EP

SENCO can talk to their link EP about any issues or possible consultation requests for children and young people who have an EHCP

EPs develop relationships with their link schools

Can contact link EP directly

School link EP document:

<https://livewell.bathnes.gov.uk/special-educational-need-or-disability-send/professionals-and-senco-section/educational-psychology>

The EPS advice line

A FREE one hour individual consultation to talk about individual concerns relating to school, staff and/or children and young people

Also open to early years settings staff

Wide range of situations and topics raised – staff, parent/carers, SEND, anxiety, curriculum matters, individual needs etc

Problem-solving/solution-finding consultation process devised clear plans of action

Book through psychology_service@bathnes.gov.uk



Resources and Information

Wellbeing for Education Return – network sessions 2020 to 2021 including anxiety, sleep, self-harm and suicide and building resilience. Slides can be found here:

<https://thehub.bathnes.gov.uk/Page/20447>

Resources and Information on Grief and Bereavement – range of different resources and information available depending on need, contact

psychology_service@bathnes.gov.uk

Resources and Information developed by EPs linked to the Virtual School

<https://beta.bathnes.gov.uk/training-resources>

Includes:

- Attachment Theory in the Classroom

- Coping with change, transitions and uncertainty

- Helping with early trauma

- Supporting healthy sleep habits

- Supporting positive friendships

- Developing resilience with looked-after children



Supervision Sessions for Educational Staff

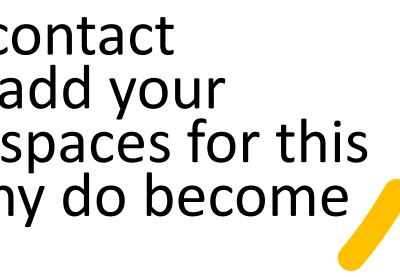
New offer in 2021 to 2022 – a safe and confidential space to explore aspects of work which impact on well-being - FREE

Offer individual supervision to senior leaders

Offer group supervision to educational staff

2022 to 2023 – all those who expressed an interest during 2022 will be offered sessions

If you are interested in future sessions, contact psychology_service@bathnes.gov.uk to add your name to our log (might not be available spaces for this academic year but will let you know if any do become available)



Emotional Literacy Support Assistants (ELSAs)

EPs train and provide supervision to ELSAs – 6 days training one academic year and 6 group supervision sessions during following academic years

ELSAs work with children and young people on aspects of emotional literacy including: emotional awareness, anger management, self-esteem and resilience, social and communication skills, friendship skills, loss and bereavement

Currently have 66 ELSAs across BANES and some neighbouring LAs

Next training will be Spring/Summer 2023

Contact psychology_service@bathnes.gov.uk for more information



Emotionally Based School Avoidance Support

New development to support educational staff and parent/carers understand needs, raise awareness and provide practical advice and support

Contact psychology_service@bathnes.gov.uk
for more information



Look after
yourself too!



Bath & North East
Somerset Council



Bereavement in Childhood and Adolescence

How schools can support children, young
people and families as they deal with
death and other major losses



B&NES Public Health Programme in Schools

October 2020

Bath & North East
Somerset Council

Improving People's Lives



Coping with Suicide

A summary of support for educational settings 2021

Support guides

B&NES Early Help Service and App

Early Help App



The B&NES Early Help Services App is for use by professionals working with children, young people and families in the Bath and North East Somerset area, bringing details of local Early Help Services to your mobile smartphone and tablet. Download the app from the [Apple](#) or [Android](#) store, or by searching for 'B&NES Early Help'.

[Livewell](#) is another signposting resource to find Early Help services.

<https://thehub.bathnes.gov.uk/Page/23705>

harmLESS
<https://harmless.nhs.uk>

harmLESS

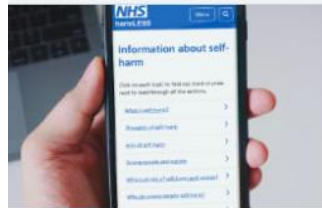
harmLESS is a resource for those who have contact with young people who are self-harming.

It is designed to help you talk about self-harm with a young person so that you can decide what support might be helpful.

Important

harmLESS is a guide.

If you're still unsure or worried about a young person, phone your [local CAMHS team](#).



[Information](#)



[Let's talk](#)



[Resources](#)



[Assessment](#)

Time for a screen break.
Meet again here at 2.10pm

Welcome Child and Adolescent Mental Health Services (CAMHS)

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