**What can the multi-school’s council offer?**

**This document outlines the training and support for schools linked to several programmes aimed at improving understanding towards children with SEND and mental health difficulties. All the workshops and training are completely *free* as we are supported by the Essex Youth Service & the Essex SEND strategy and innovation team, with funding coming from across education health and social care teams.**

**Sessions will be delivered by one of our team (details below) but all general enquires should come to** **mschoolscouncil@gmail.com** **.**

**What can we offer?**

**Mental health CPD for school staff Part 1**

**How long does it last?**

The training lasts for around 1 hour 30 minutes.

**How many staff can be involved?**

Can be delivered as whole school CPD, including school support staff as it is our opinion that everyone working in a school should have some understanding about children’s mental health. We can also work with small staff groups responsible for pupil wellbeing.

**What does it involve?**

This training has been developed alongside our school resilience programme where we have been working directly with young people across the Essex. The training is unique in that it looks at things from the perspective of the young person. We have been funded by the NHS to roll out this training and we have also consulted with organisations such as mental health first aid England and EWMHS. The sessions cover key aspects of mental health in schools such as;

* Maslow’s hierarchy of needs
* Suitable friendships
* Communication
* Self-esteem
* Social media
* Family influences & transitions
* The impact of Covid-19

**What have others said?**

 *‘It was a really useful reminder of lots of the little changes which need to be brought to the forefront of our minds. It has given ideas on very simple changes we can implement immediately.’*

*‘I thought the training was really informative especially the different types of resources to use in schools to decrease anxieties.’*

*‘I have been on several mental health training courses but they very often they focus on the different mental health illnesses, and although useful, it was very interesting to hear what the children feel influence their mental health. The strategies and tips to use in school were also great!’*

**How to book the session – Please contact** **Sarah.Templeman@essex.gov.uk**

**Mental health CPD for school staff Part 2 (New for 2023 & available after part 1)**

**How long does it last?**

As above.

**How many staff can be involved?**

As above.

**What does it involve?**

This session has a focus on further building young people’s self-esteem based on our self-esteem programme currently being developed in several schools. We also look at the importance of school attendance and how that can contribute towards young people’s mental health, with suggestions and thoughts coming from our 2022 school attendance report.

**How to book the session – Please contact** **Kierran.Pearce@essex.gov.uk**

**SEND Assembly or mental health assemblies – Primary & Secondary**

**How long do they last?**

15 - 20 minutes (timings can be flexible). Some secondary schools may decide to book us in for a weeks delivery to help ensure more young get the same content that the assemblies offer.

**How many children can be involved?**

Can be whole school or individual year groups.

**What does it involve?**

Words such as Autism, ADHD, SEMH are often misunderstood by children in schools. The statistics show that when there is a lack of understanding, and this can lead to discrimination and bullying. In our SEND assemblies we focus on the positives of being ‘different’ and explain how all our brains work in different ways.

With our mental health assemblies, we talk about the importance of talking about our mental health and how this links to our physical health. We discuss the stigma that can be associated with mental health difficulties, how there can be more pressure placed on boys and the importance of being able to listen to each other in times of need.

**What have other schools said?**

*‘Immediately after our assembly, students started to discuss the importance of appreciating others for their differences. Although I believe our students have this kind-hearted moral instinct embedded already, the assembly really provided a platform of food for thought, which was lovely.’* – Secondary school, Chelmsford.

*‘Thank you for the assembly. I believe it has helped to open the children's views about Autism and it was particularly useful that you could link examples to real life students and promote the benefits that Autism can provide for the individual rather than just the differences that may show to others.’* – Primary school, Colchester.

**How to book a SEND assembly – Please contact** **Amy.Gair@essex.gov.uk**

**How to book a Mental health assembly – Please contact** **Amy.Gair@essex.gov.uk**

**Autism awareness workshop – Children**

**How long are the sessions?**

The sessions run for 45 minutes but can be adapted to meet individual school need.

**How many children can be involved?**

We can deliver this up to 2 classes at one time (no more than 80 children at any one time). Alternatively, we can also work with small group numbers if appropriate.

**What does it involve?**

The programme includes;

* Detail around Autism
* How to support people with Autism
* A chance to ask questions on Autism
* Real life experience of Autism

We have developed this workshop alongside a young woman who attended a special needs school in Essex. The insight she provided also talks about autism from her twin sister’s perspective, with both children being on different parts of the spectrum. We have found when autism is explained in this way it is no longer seen as a ‘taboo’ subject that cannot be spoken about.

**What have other schools said?**

*‘Very sensitive subject, which is linked to a high percentage of children in our class. Allowed pupils to comprehend what it might be liked to have autism.’*

*‘A good mix of talk and movement answered the questions sensitively, very good level and well-pitched to the children.’*

**How to book the session – Please contact** **Sarah.Templeman@essex.gov.uk**

**Autism – Staff CPD**

**How long are the sessions?**

The training lasts for around 1 hour 15 minutes.

**How many staff can be involved?**

Can be delivered as whole school CPD or with individual groups.

**What does it involve?**

The training is adapted from the workshop we deliver to the children but at a higher level. It is appropriate for all teaching and support staff, especially those who work with children on the autistic spectrum. We can give advice and support regarding specific areas of need and include some of the useful resources that are out there. As the CPD has been developed alongside a child who is diagnosed with autism the content helps us see it from a perspective we may have not understood before.

**What have others said?**

*‘The one to one staff that attended the training has limited experience with the child she has been paired with and it will make a big difference to her confidence when she works with him.*

*‘As a school it gave us more awareness of things to look out for and what to be aware of. Everybody can move in the same direction and support our children better.’*

*‘Hopefully just makes us think about how we deal with children in general – the messages we can send through our language and expressions.’*

**How to book the session – Please contact** **Amy.Gair@essex.gov.uk**

**ADHD understanding – Children**

**Children Workshop –** Following the same format in terms of numbers and timings as our autism awareness workshops above but with a focus on ADHD.

**What does it involve?**

The **children’s** workshops will be looking at what ADHD means and the differences within the ways our brains make connections. The workshop will include some myth-busting exercises, positive role models with a diagnosis of ADHD and the idea that no matter our differences everyone can reach their potential.

**What have others said?**

*‘It gave us a deeper understanding of the condition, an awareness of just how differently it affects each child, useful strategies and resources to use going forward and an opportunity to ask questions and share thoughts.’*

**How to book the session – Please contact** **Sarah.Templeman@essex.gov.uk**

**Speech Language & Communication Needs - Staff CPD**

**How long are the sessions?**

The training lasts for around 1 hour.

**How many staff can be involved?**

Can be delivered as whole school CPD or with individual groups.

**What does it involve?**

Based on our work with young people within enhanced SLACN provisions, special schools, and other language hubs we have developed an awareness package for school staff. The sessions will be aimed at creating better understanding on the needs of young people and how this can be met through better identification. The sessions will include strategies ad resources aimed at supporting children within the classroom.

**What have others said?**

*‘Useful to explain some of the struggles that we as settings have and some of the strategies that can be implemented earlier to support a growing need. This session is a good introduction into better support and gives some useful resources for us to build on as a staff team.*

**How to book the session – Please contact** **Kierran.Pearce@essex.gov.uk**

**Anti-Bullying assemblies – Primary & Secondary (New for 2023/2024!)**

**How long do they last?**

15 - 20 minutes (timings can be flexible).

**How many children can be involved?**

Can be whole school or individual year groups.

**What does it involve?**

After being made a priority following our school attendance work, these assemblies have been put together by young people who both have additional needs and have experienced bullying. The content for the Primary & Secondary versions does differ:

**Primary:** The session explores what bullying is, why bullying may happen and how we can try to prevent bullying.

**Secondary:** The session does cover the same topics but in a more detailed way and also looks at some people’s reasons for bullying based on local feedback, the consequences and who may be at greater risk of bullying.

**How to book a primary assembly – Please contact** **Amy.Gair@essex.gov.uk**

**How to book a secondary assembly – Please contact** **Sarah.Templeman@essex.gov.uk**