

# Emotional Wellbeing

Supporting a Culture of Wellness in Merton's Trailblazer Schools

Issue 1: September 2019



**Julia Waters**; Headteacher, Ursuline High School, Wimbledon & Chair of Merton Cluster Schools (Left) & **Sara Rosenthal**, Clinical Psychologist (Right)

**Welcome to our first update** on our Trailblazer Project. We will be keeping you up to date with how pupils and their families can access the latest support to ensure their emotional wellbeing remains strong!

Our aims are prevention and promotion of early help. Our team of 16 schools are supported by our partners from South West London Health and Care Partnership [NHS]. Working alongside us is Clinical Psychologist Sara Rosenthal and four trainee Education Wellbeing Practitioners; Caroline, Catalina, Aaliyah and Michaela who have already started working across our school. In December we will be joined by an experienced nurse to add further support.

**Our aim is to ensure our pupils enjoy good emotional well being through accessing the advice and help they need.**



**Wimbledon College**



**The Sherwood School**  
Inspire. Learn. Grow



## Empowering Parents Empowering Communities

*A course run by Parents for Parents!*

**Coming soon to Merton Trailblazer schools!!!**

This course helps Parents learn practical communication skills for everyday life and bring up happy resilient and cooperative children

Empowering Parents, empowering Communities (EPEC) is a proven method of prevention and early intervention that helps children and families get the very best start in life. EPEC parenting programmes combine the latest developmental science and theory with well-evidenced parenting strategies and methods.

EPEC parenting courses are led by local parent facilitators who have completed accredited training and receive ongoing training, supervision and support from parenting specialists based in a local EPEC Hub. Each EPEC Hub provides the expertise, organisation, ethos and oversight to ensure safe, high quality, and effective practice.

*"I really enjoyed attending the group, I like the way parents shared ideas and experiences with other parents and also group leaders showing us techniques and the skills to use to become a positive parent."* **Parent**



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## New Online Mental Wellbeing Services

A new online service called Kooth is now available for pupils – it will be advertised to young people through the school in the coming weeks. The service has been put in place following feedback from young people that it is something they would find useful.

Kooth is an online counselling and emotional well-being service for children and young people aged 11-18. Young people can visit [kooth.com](http://kooth.com) and get support for anything that's on their mind.

Accredited by the BACP, and as a trusted delivery partner of the NHS, Kooth has supported over 250,000

children and young people to access this key resource in the UK since 2004.

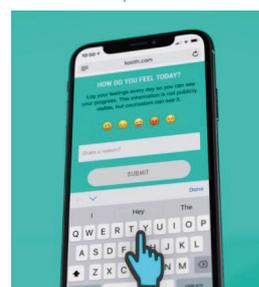
It's anonymous and free at the point of use. Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device; where Kooth is commissioned, young people can log on wherever they are to access

professional counselling up until 10pm at night, 365 days a year.



Free, safe and anonymous online support for young people



*The Kooth app; a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors*

**Want to join the Kooth community?**  
Sign up at: [www.kooth.com](http://www.kooth.com)

## Off The Record- Counselling, Drop Ins & Online Support

Off the Record offers an Online Counselling service to all of our young people aged 14 and over. The service provides real time support and email counselling with specialist practitioners and therapists all who have experience of working with young people. The service is overseen by one clinical online supervisor and two service managers all experienced in the field. Off the Record also offers walk-in counselling sessions every Wednesday at Vestry Hall, Mitcham without an appointment. The walk-in counselling provides a route to being assessed for on going counselling.



Some quotes from students "Helped me get things off my chest", "Excellent counsellor", "I was listened too, and my worries taken seriously", "Good advice, put things into perspective", "I could talk without fear of judgement", "I found it helpful with stress".

Find out more at: [www.talkofftherecord.org/merton/](http://www.talkofftherecord.org/merton/)

## Fantastic Fred

On Friday 4th October schools from across the Trailblazer will be enjoying a team of actors supporting pupils in building their resilience through memorable and practical plays which can help towards building up their mental health. Fantastic FRED is a resource targeted at delivering preventative mental health education in schools for children in reception and Years 1 to 6. St John Fisher will be hosting schools from KS2 and we look forward to hearing students' feedback!

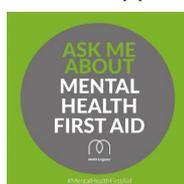


The letters in FRED's name represent the areas of educational focus: **F**ood: Eating the right foods. **R**est: Getting enough sleep. **E**xercise: Being active **D**igital Devices: Managing time online.

## Mental Health Training For Staff in Schools

### First Aid

Selected staff from all our schools have received First Aid Mental Health training. Staff have been trained in responding to the needs of young people as they arise and signposting available help and ensuring that has had an impact. The two day course was well received and staff have said how empowered they now feel because of their greater understanding of triggers and the advice and support they can give.



## Jigsaw Curriculum Materials For Primary Schools

Our Primary schools have been able to select one of the best curriculum resources to building strong emotional resilience.



Jigsaw PSHE is a comprehensive and completely original Scheme of Work for the whole Primary School from Nursery through to Year 6. It brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teachers say it gives a good sequence of lessons, excellent resources and just perfect books to use as well. It enhances teaching and students really enjoy the activities.