

# Whole School Approach Menu

Primary schools offer



# Part of the role of the Milton Keynes Mental Health Support Team (MHST) is to offer support in developing each school's approach to mental health.

There are a variety of different things your MHST can offer staff, students and parents. This menu provides examples of these.

If you would like to discuss any of the information included in the menu please email our team: [cnwl.mhst@nhs.net](mailto:cnwl.mhst@nhs.net) or to find more information about the service, visit [www.cnwl.nhs.uk/mental-health-support-team-schools](http://www.cnwl.nhs.uk/mental-health-support-team-schools)



## Consultations

Up to 45-minute discussion with a member of the MHST. The consultation can be used for school staff members to:

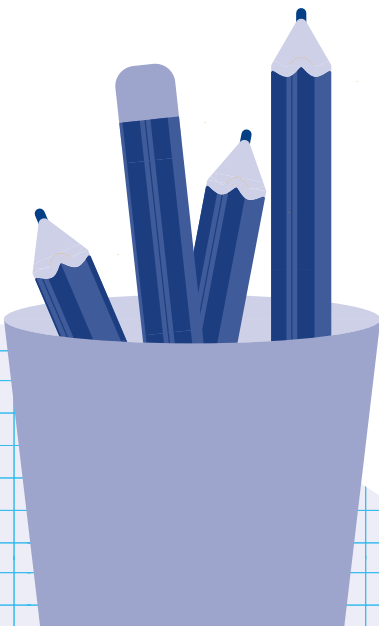
- Discuss young people you wish to refer to MHST
- Seek advice/support/signposting for a young person whom you have concerns relating to their emotional well-being or mental health but are unsure whether they are suitable for MHST.

Please email the team on [cnwl.mhst@nhs.net](mailto:cnwl.mhst@nhs.net) to book the next available slot.

## Supervision and reflective practice for staff

**Supervision:** A bespoke 1:1 space for school staff to promote professional learning and development and help school staff members reflect on and develop their knowledge, skills, and competence on a school-based challenge/topic. The sessions are offered as a one-off and will be used to discuss young people and for you to seek advice and support about signposting.

**Reflective practice:** For a group of school-based staff. This 60-minute session brings staff members together to enable them to pause and reflect upon a particular challenge/situation/topic. Such groups can support staff to reflect on the emotional impact of their work, improve their self-care, develop greater trust and support amongst colleagues, increase professional awareness and help with managing conflicts. Depending on the identified area of needs these could be one off, or a time limited number of sessions.

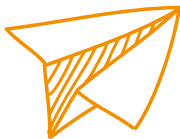


## Audits

Audits support in understanding the current emotional wellbeing state of your school, map what provision is already in place in the school and identify where the gaps are.

In practice, support from a practitioner may involve:

- Forming a working group with the Senior Leadership Team
- Conducting anonymous surveys with students, parents/carers and staff members
- Facilitating focus groups to better understand viewpoints from students, parents/carers and staff
- Supporting the development of an action plan
- Providing targeted help to bridge any identified gaps, where appropriate meeting will produce an action plan.



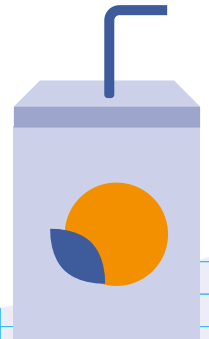
## Assemblies and classroom workshops

### Managing transitions from primary to secondary school

This workshop explores the emotions (particularly anxiety) and expectations that can arise in anticipation of moving to secondary school. Useful skills and strategies for managing anxiety alongside the Cognitive Behavioural Therapy (CBT) cycle are explored. This 60-minute workshop is delivered to students in Year 6. Delivery within class is recommended.

### The impact of bullying on mental health

This presentation/workshop explores the impact of bullying on mental health with a focus on anxiety and low mood. Covering the different types of bullying, the immediate and long-term effects of bullying and the different ways children and young people can receive support both in and outside of school settings.



## Building resilience

This session provides an overview of resilience and uses activities to generate group discussion and individual reflection in relation to what resilience is. The content includes discussing 'achieve, connect, enjoy' as ways to embed resilience, the importance of accessing support and what helps us to be resilient.

## Five ways to wellbeing

The five ways to wellbeing workshop are aimed at helping young people incorporate a positive healthy attitude to wellbeing in their daily lives with relevant activities and learning.

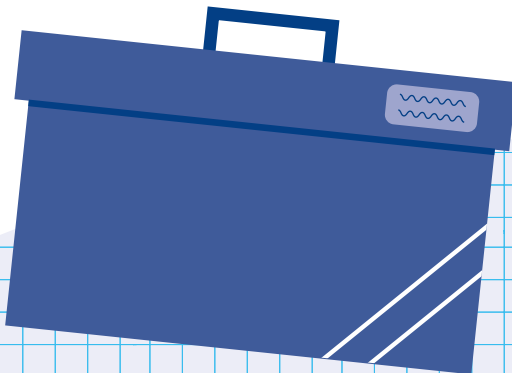
## Friendships and positive relationships

The Friendship/Positive Relationship workshop is aimed at primary-aged children in years 5 and 6. It is a workshop for children to recognise the values of friendship and as they grow up there will be changes in their friendships.

There will be times when friends need their help and there'll be times when they don't get along. Working together, the workshop supports them to think about how they can be good friends, overcome difficulties and make new friends.

## Emotional regulation

This workshop is designed to help students regulate both small and significant emotions to help them to recognise how these emotions affect them and others around them and to understand that all emotions are valid and that no emotion is bad.



## Co-facilitated parent workshops and parent support

### Emotional regulation – introduction for parents

This workshop is designed to help parent enable their child to regulate and understand their emotions, when in difficult and challenging situations or events using quick and easy skills and strategies.

### Support for anxiety at home

This workshop is designed to give insight into how anxiety may present in the home and includes some brief strategies how parents can support their child.

### Parent evenings

MHST staff can attend parent evenings held at your school. We can bring some of our resources and set up an area where parents can come and find out more about our service. We can also support individual staff members with discussions they may have with parents regarding mental health presentations.

### Coffee mornings

Coffee mornings and similar events create a relaxed, informal and safe atmosphere that allows parents and carers to talk to us about common mental health-related challenges that their children face, such as school avoidance, anxiety and exam stress, and explore the ways to support them.

It also offers parents and caregivers an opportunity to network with others facing similar challenges, contributing to the formation of a mentally healthy school community. Please note the team do not arrange these events however we are happy to help facilitate and support such events organised by the school.

### Co-production groups

Student-led groups are a great way of improving a school's approach to mental health and wellbeing.

MHST staff can support school staff to develop a co-production group and to create well being ambassadors or champions in the school (wellbeing ambassadors' group) and provide support to the students within the group, helping them to develop their ideas and resources. These groups can further evolve the school's approach to mental health from the students' perspective.

## Staff Training

### **Introduction to the Mental Health in Schools Team with audit**

A presentation for school staff on the MHST service and what we can offer to your students, parents / carers and school staff. The presentation covers the aims and ambitions of the MHST initiative, who is in your MHST team and their roles, an overview of our groups and one-to-one interventions, as well as a detailed look at our whole school approach offer developed to meet your schools identified needs. We recommended that this presentation is followed up with an Google Forms audit, which is then used to gather feedback from the wider staff group to help inform action planning.

Completion of our shared pledge, to signify our joint commitment together.

### **An introduction to emotional regulation**

This workshop is designed to inform, empower and provide teaching staff with the insights and know how to support parents and children to manage and regulate their emotions in situations that they may find difficult or challenging. Providing evidenced-based theories and models that can enact positive change.

### **Anxiety in the classroom and brief strategies to support**

This workshop is designed to give an insight into the types of behaviours you might notice in the classroom that relate to an anxiety presentation. It also includes some brief strategies to manage and reduce anxiety.

### **Five ways to wellbeing**

The five ways to wellbeing presentation are for staff members to explore ways to incorporate positive wellbeing strategies into their students' lives.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish