

SNS Parent Forum

Safeguarding & Wellbeing

Wellbeing at SNS

Support in School

Mental Health & Wellbeing at SNS

WELLBEING ACTION PLAN

A simple plan to help you feel well and support you through difficult times

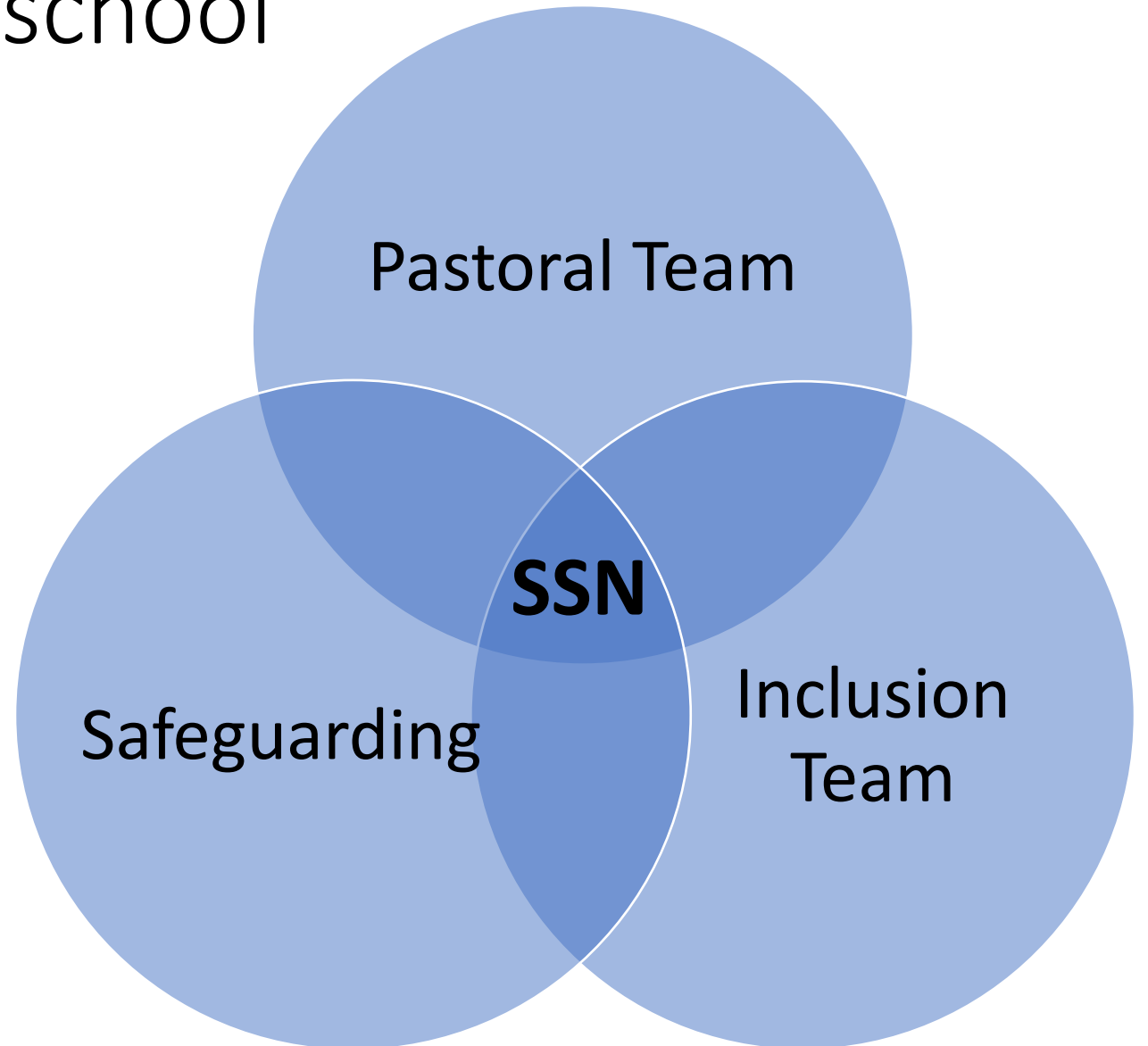
- We are open about mental health at SNS and encourage pupils to seek support when needed.
- All pupils in year 7-11 will cover health and wellbeing in their PPP lessons in the first term.
- They will also have an assembly on mental health and the services available in school in the first half term.
- We promote the use a Wellbeing Action Plan that is available from Head's of Year and will also be emailed to all school students.
- We are undergoing reverification for the school's Wellbeing Award.

Mental Health in the Curriculum

	Au1	Au2	Sp1	Sp2	Su1	Su2
Y7	Transition and Health	Consent, Health and Keeping safe	Identity and beliefs	Diversity and Discrimination	Financial decision making and Careers	Abrahamic Faiths
Y8	Dharmic religions	Health and emotional wellbeing	Separation of Powers and the Criminal Justice System	Religion in the Modern World	Building positive relationships	Identity and relationships
Y9	Healthy Decision-Making	Financial Decision-Making and Career Aspirations	Law-making and Political Participation	Founders of the World 6 Faiths	Intimate and Respectful relationships	Digital literacy
Y10	Mental health and Managing Influence	Careers and Financial decision making	Government, Economy and being Agents of Change	Core religious beliefs	Healthy relationships	Religion, morals, <u>ethics</u> and equality
Y11	Post-16, Careers and Financial decision-making	Healthy and Unhealthy Relationships	Religion in the Modern World	Managing Health and making Health-related choices	International Politics and Law	

Accessing support at school

- The form tutor is the first line of support a pupil
- The Head of Year coordinates support
- The Head/Deputy Head of School manage the Head's of Year
- Concerns about students are raised at Student Support Network Meetings (SSN)



ARE YOU FEELING UPSET OR UNSAFE?

**ARE YOU WORRIED ABOUT A FRIEND,
STUDENT OR FAMILY MEMBER?**

DOES SOMETHING NOT FEEL RIGHT?

**TALK
ABOUT IT**



Mr Collins
Assistant Headteacher



Jo Mahoney
Pastoral Counsellor



Ricklesha Williams
Pastoral Counsellor



Samantha Kwok
Pastoral Counsellor



Mrs Jaffer
Headteacher



Mr Bynoe
Deputy Headteacher

You can find the pastoral counsellors on the second floor at the top of B corridor stairs or you can email:
childprotectionteam@sns.hackney.sch.uk
or
stop@sns.hackney.sch.uk

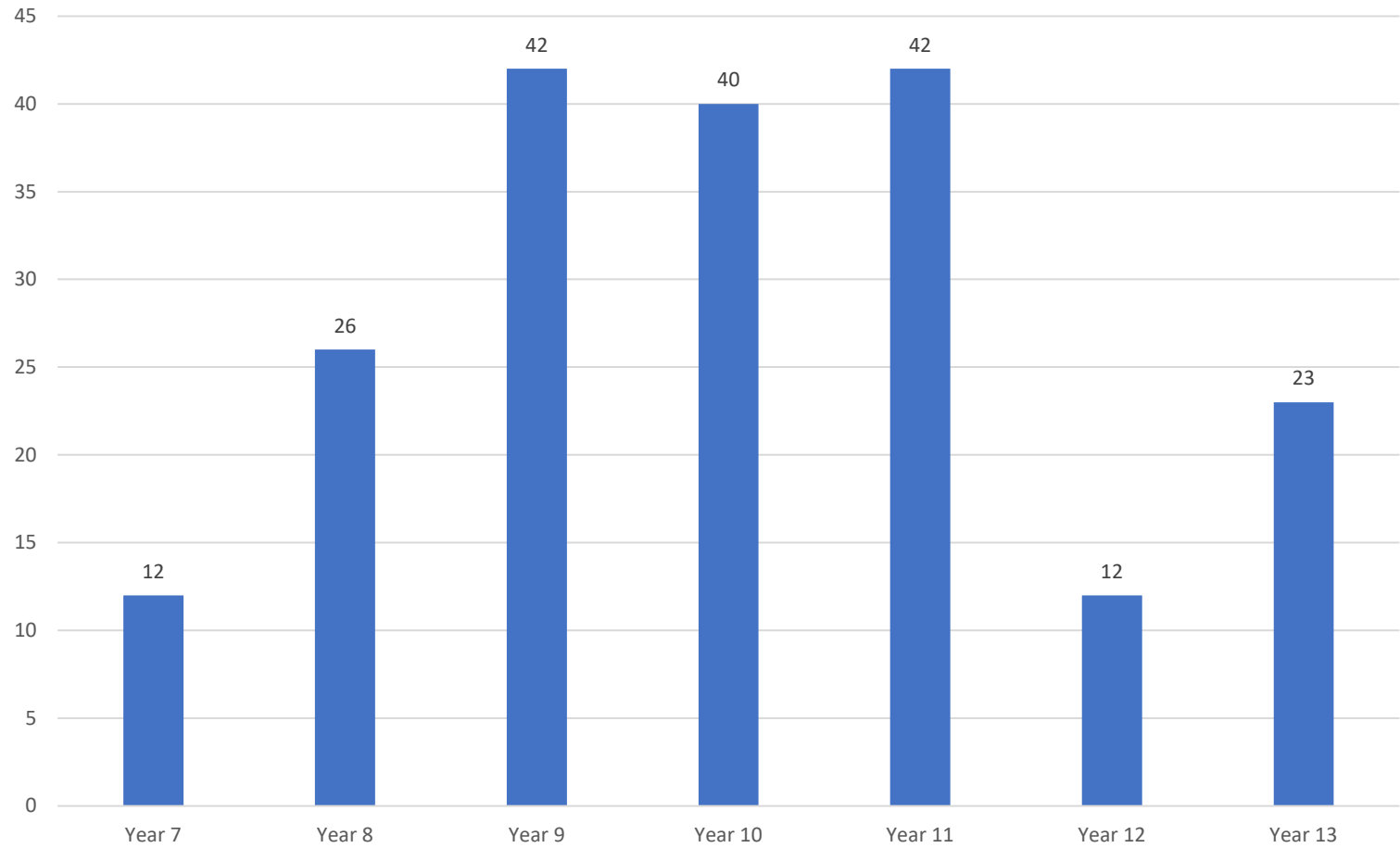
WE ARE HERE TO HELP



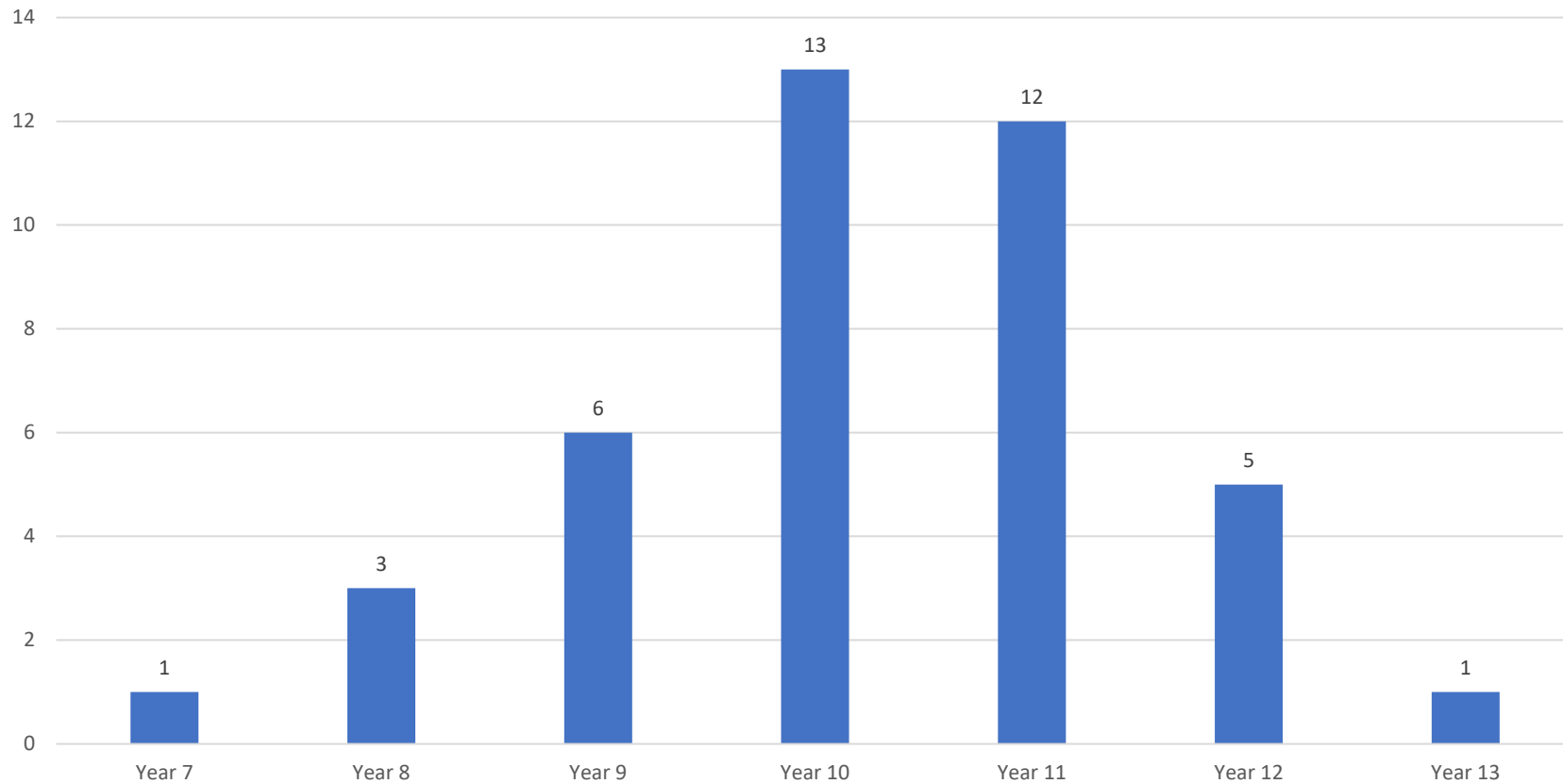
An overview

- The safeguarding team oversees support for 197 pupils
- 41 pupils are open to CAMHS (that we are aware of)
- 4 have recently closed to CAMHS
- 9 are open to our Education Mental Health Practitioner
- 26 pupils are open to A Space
- 26 are open to Jo Mahoney
- 8 are open to Rickiesha Williams
- 62 are open to Samantha Kwok
- The rest are open to a mixture of pastoral leads or MCO

Support by year group

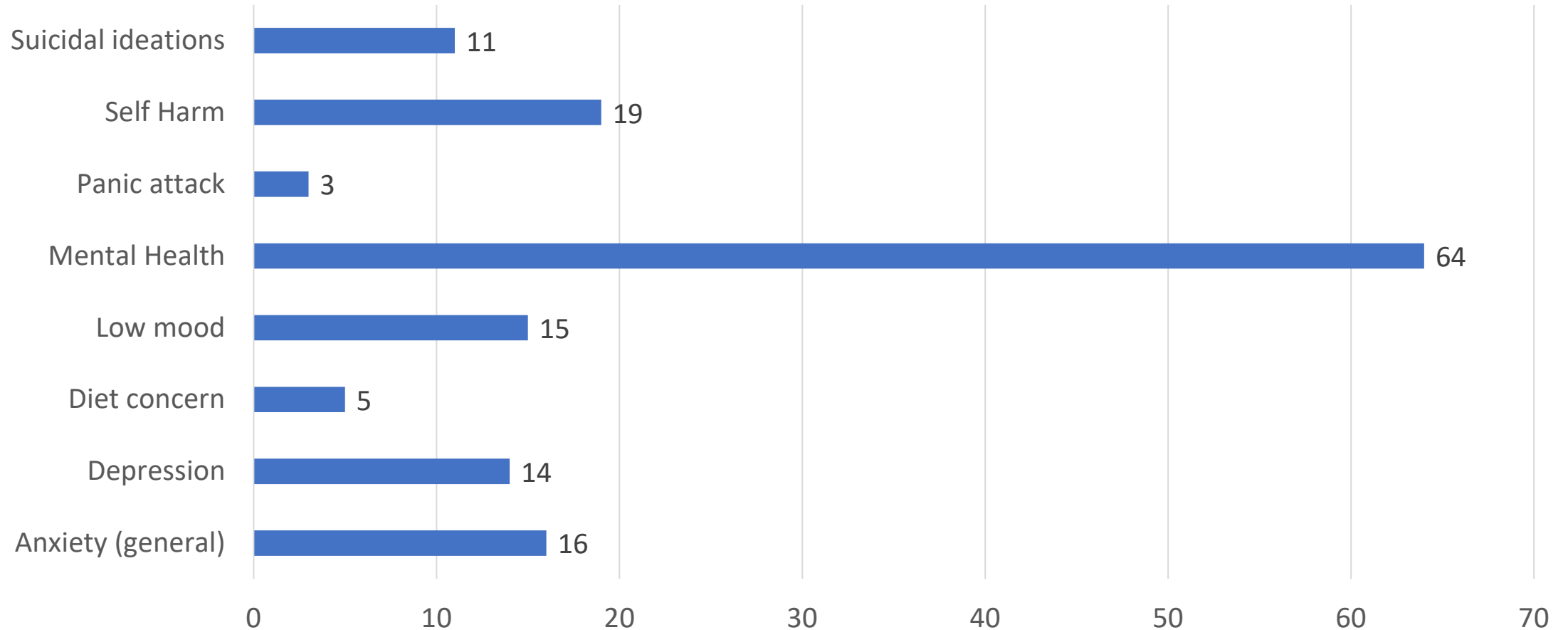


Pupils open to CAMHS by year group



Mental Health Data this year by concern

Total = 147



Ofsted say...

“An experienced safeguarding team has established a culture of vigilance across the whole school community. Leaders have made sure that staff are appropriately and regularly trained. Staff report any concerns promptly. Leaders work tenaciously with other agencies to secure the best outcomes for pupils who are vulnerable.

Pupils feel safe in the school and know who to talk to if they have concerns. Pupils are taught how to keep themselves safe, including how to stay safe online. Leaders are responsive to new safeguarding issues and adapt the curriculum accordingly.”

Inspection of a good school: Stoke Newington School and Sixth Form 2022

Lower School

At SNS, we are committed to the safety and happiness of our students.

Our dedicated Lower School team are always here to listen and help. We are:



Mr Enbali
Head of Lower School



Ms Vincent
Deputy Head of Lower School



Mr Lee
Head of Year 7



Ms Diprose
Head of Year 8



Pip
Pastoral Support Worker



Molly
Pastoral Support Worker



Jo Mahoney
Pastoral Counsellor



Lemanika Kwok
Pastoral Counsellor



Your
tutor



Your
teacher

stop@sns.hackney.sch.uk

Say **NO** to
bullying

Are you being bullied?

Are you feeling upset or unsafe?

Are you a victim of harrassment?

Have you seen bullying or harrassment?

Upper School

At SNS, we are committed to the safety and happiness of our students.

Our dedicated Upper School team are always here to listen and help. We are:



Ms O'Malley
Head of Upper School



Ms Amadio
Deputy Head of Upper School



Mr Lamb
Head of Year 9



Mr Critch
Head of Year 10



Mr Burn
Head of Year 11



Mrs
Pastoral Support Worker



Seena
Student Support Worker



Jo Mahoney
Pastoral Counsellor



Samantha Kwok
Pastoral Counsellor



Your
tutor



Your
teacher

stop@sns.hackney.sch.uk

“Staff, students and all those in our school community have a responsibility to report incidences of bullying.

We cannot manage or respond to an incident that has not been formally reported to the school.

We work in partnership with our parents/carers and pupils in supporting both victims and perpetrators of bullying.”

SNS Anti-Bullying Policy 2022 (TBC)

How to report abuse, harassment, or bullying



stop@sns.hackney.sch.uk

Ofsted say...

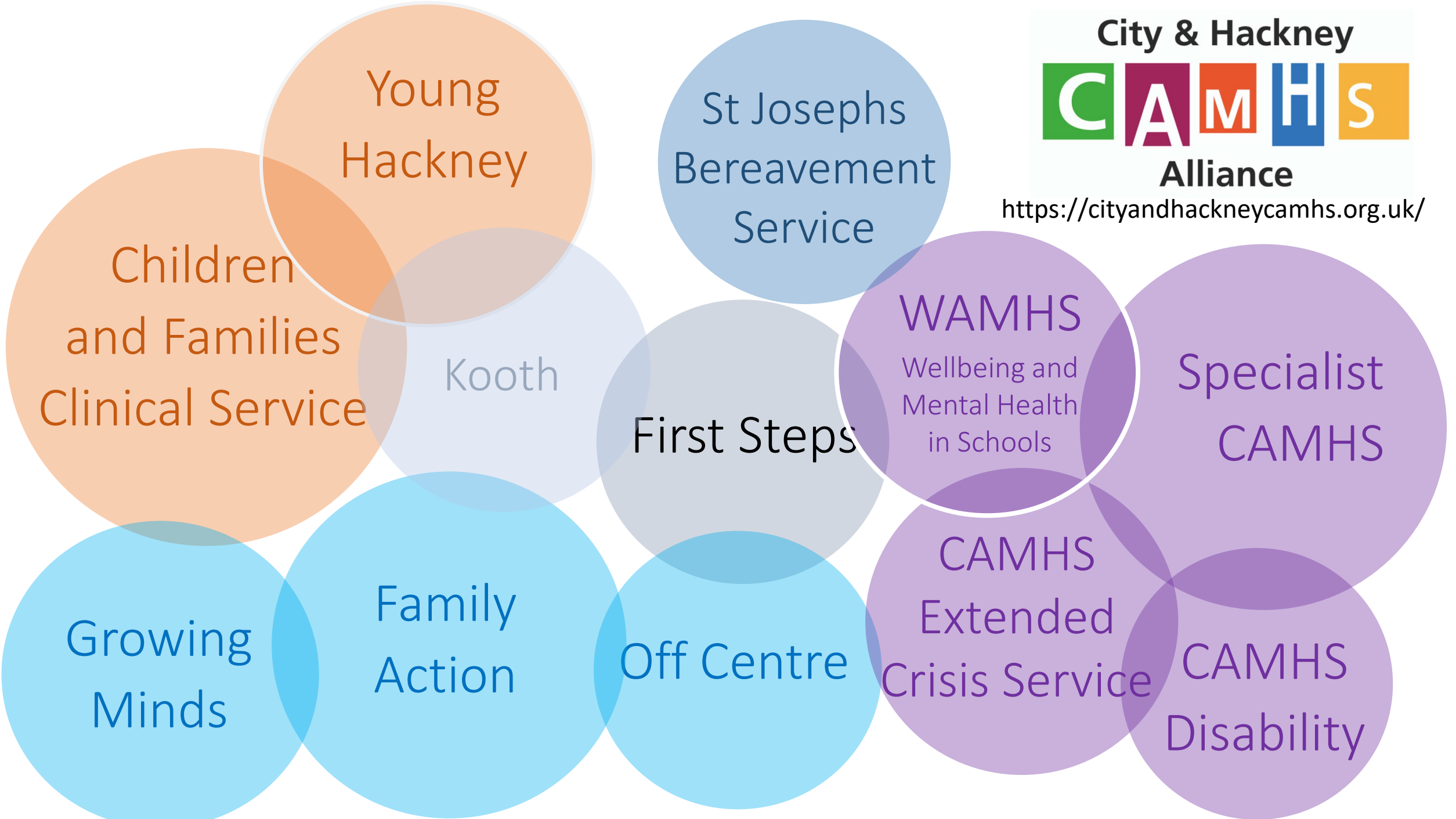
“In lessons and around the school pupils behave well. They are polite and respectful to each other and to their teachers. Pupils rarely use unkind or discriminatory language.

Bullying is rare, but when it does happen pupils say that it is dealt with effectively.”

Inspection of a good school: Stoke Newington School and Sixth Form 2022

Wellbeing at SNS

External Services



Safaplace

- Safaplace is a young charity that aims to provide an environment where all of the community can feel safe; mentally, emotionally and physically.
- We are based in Stoke Newington and work closely with the school and community
- We run an annual conference and monthly workshops for parents.
- [Click here to join the mailing list and keep up-to-date with the latest news and events](#) or visit safaplace.org



EATING DISORDERS
PARENTS' & CARERS' SUPPORT GROUP

Peer-led discussions
Mutual support
Topical speakers
Information about services

Monthly meetings 7.30-8.30pm.
NOW ONLINE

SAFAPLACE
Supporting mental health in our community

Q&A

WAMHS

wellbeing and mental health in schools programme

WAMHS initiative has been developed as an expansion of successful practice that is conducted by colleagues in schools and delivered by existing mental health services in City and Hackney.

It is a joint partnership of the school, CAMHS and families in change

WAMHS is an early intervention service that aims to build capacity and share skills in schools, to support with early identification of and intervention with mental health needs of the students.



WAMHS' objectives

understand



early detect



respond



Continue to support and monitor in the school



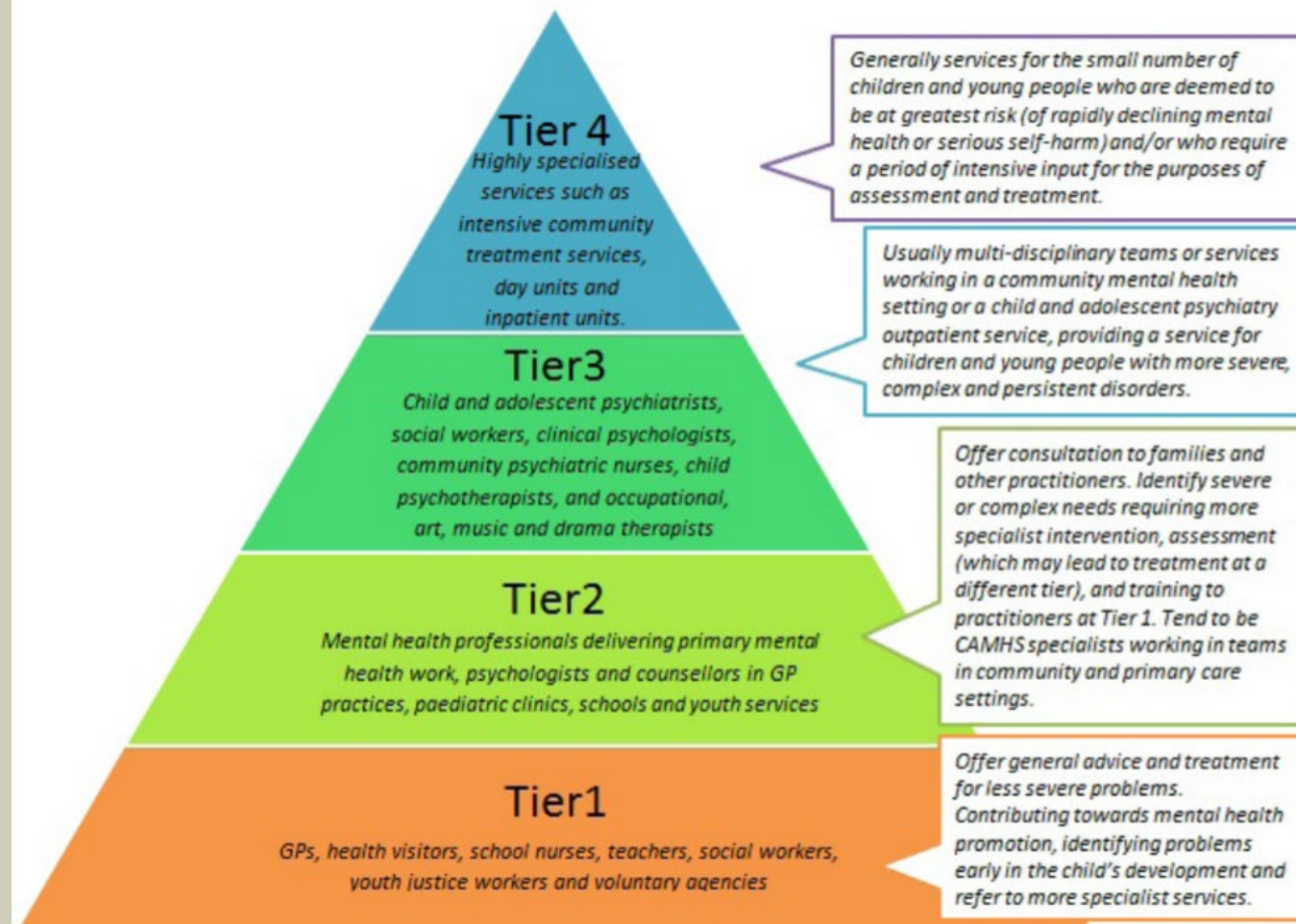
Refer to a MH service and continue to liaise with them

- to expand the **understanding** around students' mental health needs and presentations.
- To early **detect** the behaviours presenting these difficulties
- to build capacity to **respond** to these difficulties in the school
- to **make referrals** to and **liaise** with appropriate MH services when needed



Where to refer children and young people for additional support

Services in 4 Tiers providing support for different level of needs



Young Hackney

Who is the service for:

Young people to achieve positive outcomes
by building constructive relationships
with trusted adults.

The work includes:

A broad range of individual support at home, school, and
in community settings including at our youth hubs.
Activities for all young people, through youth clubs,
sports sessions and citizenship programmes.
Advice and support including about employment, health,
education and housing.

How to refer:

Self-referral by dropping into one of the youth clubs
or you can ask your school or GP.
Children and young people aged 6-19,
and up to 25 years for those with special
educational needs or a disability.

<https://www.younghackney.org/about/contact/>



**Young Hackney
Substance Misuse Service**

Young Hackney Confidential drop in

When: Every Thursday during lunch 5a and 5b

Where: In the foyer opposite the PAS

Purpose – free, confidential discussion around drugs, alcohol and other matters or substances affecting young people today

Can I get more one-to-one advice? Absolutely, Shawn and his team will have a confidential signup sheet where they can arrange follow up meetings

Who is the service for:
Children and young people
with mild to moderate mental health
difficulties, who are not currently
open to Children's Social Care
to provide them with short-term
psychological interventions

The work includes:
Individual and family sessions,
parenting groups.

How to refer:
School staff, and any other
professionals
(GP, family support practitioners)
as well as
self-referrals by parents/carers of
children and young people
aged 0 to 18.

First Steps

020 7014 7135
huh-tr.FirstSteps@nhs.net

Growing Minds

Who is the service for:

African, Caribbean and mixed heritage children and young people, to improve their emotional health and wellbeing in City & Hackney, during the important transition years from primary to secondary school and adolescence to adulthood.

The work includes:

Culturally aware counselling, emotional and practical support for African, Caribbean and mixed heritage children, young people and their families.

How to refer:

School staff, Children's and Adult Social Care, CAMHS, GP, or a voluntary and community sector as well as self-referral.

Children and young people
aged 9 to 25,
with African, Caribbean and
mixed heritage (ACH)

info@growingminds.org.uk

Off Centre

Who is the service for:

Young people with all kinds of emotional and practical issues (stress, depression, anger and self-harm; bereavement or family breakdown; sexuality and identity; violence, neglect or abuse; accommodation, education and more) to help them take greater control over their lives.

The work includes:

Counselling, therapy, art therapy, art making groups, advice and psychosocial service

How to refer:

School staff, and any other professional supporting the young person, as well as self-referral.

Children and young people aged 16 to 25 with a GP in City and Hackney.

020 8986 4016

OffCentre@family-action.org.uk

St Josephs Bereavement Service

Stjosephs.firstcontact@nhs.net

03003030400

Monday to Friday 9am – 5pm

Who is the service for:

Children, young people and families who have lost a family member, care giver or other significant person due to Covid-19

The work includes:

- Individual counselling
- Family sessions
- Bereavement groups and memorial events
- Art therapy.

How to refer:

You can self-refer for an assessment via the First Contact team on 0300 303 0400 or ask a GP or other professional to complete a referral on your behalf.

If you would like to discuss any questions before making a referral please contact the Patient & Family Counselling Team on 020 8525 3229 and a member of staff will help you.

Who is the service for:

individuals, couples and families to help them manage their mental health and prevent problems from getting worse, when they face difficult or complicated challenges, including domestic abuse, substance misuse and mental health issues.

The work includes:

Advice and wellbeing services, conflict management and practical and emotional relationship support, parenting support courses and help access other services.

How to refer:

Individuals over 16 and families

can refer themselves by booking an appointment at their GP practice. Professionals can also refer children and families.

Family Action

Well Family Plus

hackneywellfamilyplus@family-action.org.uk

020 3846 6777

Wellfamily Plus, Unit 7, The Textile Building,
2a Belsham Street, London, E9 6NG

Kooth

Who is the service for:

For children and young people aged 11-18,
an online platform which provides free, safe and
anonymous online counselling and support

The platform :

Provides an early response to, and identification of
emotional wellbeing and mental health problems, leading to
improved well-being, prevention of symptom escalation and
provision of the right care at the right time;
Encourages the use of self-care tools and resources intended
to build resilience and self-help;

How to refer:

Any young person living in the boroughs of City of London &
Hackney, who are aged 11 - 18 can self-refer to the web
platform by visiting www.kooth.com

The digital platform, which is available on
any web-enabled, internet connected device
(including laptop, smart phone, tablet)
is available 24/7, 365 days a year.

www.kooth.com

CAMHS Disability

Who is the service for:

**Young people with dual difficulties:
mental health/emotional needs and
disability requiring a multi-disciplinary
approach to treatment**

e.g. learning disability / Intellectual disabilities, speech and language disorder, social communication disorder or physical disability, and/or ASD if there is also a moderate/profound primary learning disability.

The work includes:

Assessment, diagnosis, psycho-pharmacological intervention, therapeutic/behavioural support and intervention, group work (parenting groups, siblings groups, ASD support...) and play specialist.

How to refer:

School staff and any other professionals who know the child and family, as well as self-referrals if the family is known to Hackney ARK.

for children and young people
aged 0 to 18 registered with
a GP in City & Hackney

020 7014 7071
(9am – 5pm, Monday to Friday)

CAMHS Extended Crisis Service

Telephone: 020 3222 5600

elft.eastlondon-camhs-crisis-service@nhs.net

The out of hours crisis line is 0800 073 0006 (24hrs)

Who is the service for:

Young person

experiencing a mental health crisis,
which can be at risk of immediate and significant
self-harm, feeling emotionally or psychologically
distressed, having thoughts of suicide,
struggling to manage an immediate outburst
that puts themselves or others at risk.

The work includes:

Provides access to support in hospital accident
and emergency department at three major
hospital sites – Royal London, Homerton
University and Newham University Hospital,
promote safety and recovery from crisis.

How to refer:

Self-refer by attending the A&E department of
Royal London, Homerton University and Newham
University Hospital within 9am and 9pm to be
seen by a member of the
CAMHS Extended Crisis
Service.

For children and young people
under 18

Children and Families Clinical Service

Who is the service for:

Children and young people and their parents and carers who have mental health needs, are experiencing issues and stressors, are struggling with emotional and behavioural issues, and/or where there are child protection concerns.

The work includes:

Specialist clinical assessments and individual, family and group therapy

How to refer:

Professionals working within Children and Families Services. Health colleagues can flag up concerns/recommendations for a referral for children and young people who are receiving support from Children's Social Care, Young Hackney, the Family Support Service and the Youth Offending Team.

ClinicalTeam@hackney.gov.uk

Emergency CAMHS Duty Team
out of hours : 020 8356 2710

Specialist CAMHS

Who is the service for:

Young people and their families who have urgent, persistent or complex, or moderate to severe emotional, behavioural and/or mental health disorder or difficulty, unable to engage fully in everyday activities and/or relate well with other people because of the way they are thinking and feeling about themselves or other people, experiencing serious risks to their emotional and psychological wellbeing development, their difficulties are affected by complex factors.

The work includes:

Individual/ group/ family therapy sessions and medical treatment, and liaison with other services supporting the family.

How to refer:

School staff, and any other professional supporting the young person such as GP, Family Support Practitioner, Health Visitor, or Social Worker, as well as self-referral if the family has already accessed this service within the last year for children and young people aged 0 to 18 registered with a GP in City & Hackney

elt-tr.cityandhackneycamhs@nhs.net

020 3222 5600 (9am – 5pm, Monday to Friday)

Managing screentime

Online life

The Royal College of Paediatrics and Child Health has produced the first guidance for parents on how long children should spend on their laptops and phones, which throws the ball firmly back into the parents' court.

The college president and an author of the evidence review published in the BMJ Open journal, said that while there was moderately strong evidence that screen time is linked to obesity (through TV snacking and lack of exercise) and mental health issues, the way to tackle it was not through universal curfews and bans.

The college suggests families ask a series of questions to decide whether their children are spending too long at computers and on phones:

- Is your family's screen time under control?
- Does screen use interfere with what your family want to do?
- Does screen use interfere with sleep?
- Are you able to control snacking during screen time use?

Is screentime a problem?

- An NSPCC spokesman said it was the content children were exposed to that mattered, rather than the time they spent online. “Whether a child is online for five minutes or five hours, they should be protected from harmful or inappropriate content and behaviour.
- Parents can help their children by remembering ‘TEAM’:

Talk to your child about online safety

Explore their online world together

Agree what’s OK and what’s not

Manage privacy settings and controls.

'Sexting' and the law

- In the UK the age of consent for sexual intercourse is 16. However, it is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person. The law is contained in section 1 Protection of Children Act 1978.
- Examples include:
 - a child (under 18) sharing a sexual image with their peer (also under 18);
 - a child (under 18) sharing a sexual image created by another child with a peer or an adult;
 - a child (under 18) in possession of a sexual image created by a child (under 18).
- “Indecent” means, for example:
 - naked pictures;
 - topless pictures of a girl;
 - pictures of genitals;
 - sex acts including masturbation; and
 - sexual pictures in underwear.

All the tools you need to protect your kids online

Qustodio gives you the best parental control and digital wellbeing features in one place

Filter content & apps

Monitor activity

Set time limits

Locate family

Track calls & SMS

Reports, alerts & SOS

Understanding stress and anxiety



What do we mean by mental health and wellbeing?

- World Health Organisation describes mental health not just as the absence of mental disorder but also a state of wellbeing in which:
 - Every individual realises his or her own potential
 - Can cope with the normal stresses of life
 - Can work productively and fruitfully
 - Is able to make a contribution to his or her community

Even mentally healthy people experience stress, frustrations, feelings of self-doubt, failure and rejection at times throughout their lives.

The importance of good mental health

- Children with positive mental health and wellbeing:
 - Do better at school (poor mental health = 2.7x more likely to not to achieve GCSE benchmark)
 - Develop and maintain good relationships with friends and family
 - Learn and play appropriately for their age and understanding
 - Develop a sense of right and wrong
 - Learn from their experiences
 - Have the confidence to try new things

Statistics

- Approximately 1 in 10 children and young people have a diagnosable significant psychological difficulties.
- Around 1 in 4 children and young people show signs of a mental health condition, including anxiety and depression.
- This means that up to 3 children in every classroom may have psychological difficulties which could be helped.
- Only 25–40 % of these young people receive input from a mental health professional early enough, if at all.

What to look out for?

in young person's emotional, behavioural and mental health presentation

Issues with:

- **Sleeping**
- **Eating**
- **Concentration**
- **Communication**
- **Confidence, self-esteem**
- **Mood (low or fluctuating)**
- **Risky behaviours (SI, SH, addictions)**
- **Emotional regulation
(anger, anxiety, fear, grief)**
- **Obsessive thoughts and compulsive behaviours**
- **Gender identity and body dysphoria**

- **Are there significant changes in YP's presentation?**
- **How long for, how often and in which context(s) have these presentations been happening?**
E.g. only at home/school, or both at home and school?
- **How severe are the difficulties?**
The level of impact these difficulties have on their day-to-day life and that of others in the family (mild/medium/severe).
- **What is the level of risk the behaviour pose? (low/medium/high)**
How does it effect her sleep, eating, thoughts (of self harm or suicide), etc.
What are the protective factors?

Questions that support resilience and coping

- How did you manage to go on? What helped?
- How did you cope up to this point?
- What already goes well that you want to continue?
- Where are you on a scale of 1-10 now? Where do you hope to get to? What's it like when you are at 0, what would it take to get you to an 8?
- The miracle question: If you went to bed and woke up tomorrow morning and everything was an 8, what would you see, hear, notice, know?
- What will tell you that things are getting better?
- what will others notice about you?

The oxygen mask principle

Self care is not a luxury or a weakness



- Self-care is both an individual and systemic responsibility.
- Self-care can prevent burnout and enable us to continue to care for others.

Reflection time

- **What** makes me feel stressed?
- **How** do I manage?
- **How** can I do this more effectively?
- **What** support systems do we need?
- **What** are the barriers to creating them?
- **How** can they be overcome?



Resources

- National Institute for the clinical application of behavioural medicine
- <https://www.nicabm.com/>
- How to stay calm in a global pandemic by Dr Emma Hepburn

Q&A

Next steps

Please take a moment to complete the
evaluation form