Preparing staff for the return to school toolkit

The start of a new academic year provides a great opportunity for staff to come together to reflect on the previous year and prepare for the new one. It's also a great time for teachers to build on their knowledge and skills around mental health, to increase confidence as pupils return to classrooms once again.

Some of you may be feeling concerned about mental health issues presenting in your pupils due to the pandemic, and may be looking for guidance on how to handle this.

In this toolkit, there are resources to help improve staff knowledge around more general mental health and wellbeing awareness, as well as resources about specific mental health needs.

All of the resources and training in this toolkit are free. If you're looking to invest in CPD and training for staff members, the Anna Freud Centre has lots of upcoming sessions on many different mental health topics.

MENTALLY HEALTHY SCHOOLS

Anna Freud
National Centre for
Children and Families

Sign up to the Mentally Healthy Schools newsletter for more resources

<u>Mental health awareness resources and training</u>

The resources in this section cover wider themes around mental health and wellbeing. You could use them for staff training on an Inset day, or share them with staff to look through individually, with follow ups in staff meetings.

Mental health and wellbeing calendar: autumn term 2021 – Mentally Healthy Schools

Plan in your wellbeing-themed activity for the autumn term with this calendar, which suggests activities and resources for mental health awareness days and other key points in the term.

Go to resource 🔗

5 Steps to Mental Health and Wellbeing – Anna Freud Centre

Start the new academic year by developing your own whole-school approach to mental health and wellbeing. The free 5 Steps framework leads you through this process step-by-step.

Go to resource 🔗

We all have mental health: e-learning for teachers – Scottish Association for Mental Health

An e-learning resource for teachers introducing the topic of mental health, and the skills needed to recognise and respond to children and young people who are experiencing a mental health problem.

Go to resource 🔗

Supporting student mental health and wellbeing in colleges: a resource pack – Association of Colleges

Guidance and resources for senior leaders in further education colleges to help them develop mental health and wellbeing support in their setting.

Go to resource 🔗

Education staff wellbeing charter – Department for Education

This charter is a way for schools to demonstrate their commitment to the wellbeing and mental health of everyone working in education. You could present and discuss this in your first staff meeting of the new academic year.

Go to resource 🔗

<u>Specific mental health needs resources</u>

School staff may notice an increase in children and young people presenting with specific mental health needs, and may need support on how to deal with them. The resources in this section focus on different mental health conditions, sharing information for staff on how to support those experiencing them.

Mental health needs information pages – Mentally Healthy Schools

The information pages on Mentally Healthy Schools can be used for staff CPD and development, and cover many different mental health needs including eating disorders, challenging behaviours and trauma.

Go to resource ⤢

Sad, bored or isolated e-learning - MindEd

You may notice pupils showing signs of persistent low mood or sadness. This e-learning session looks at ways to help those who may be having a difficult time, without having a clinical mental health condition.

Go to resource ⤢

Traumatic bereavement animation and resources – UK Trauma Council

Your pupils may have experienced bereavement due to the pandemic, which may have been traumatic. These resources give school staff the knowledge and tools to support traumatically bereaved children and young people.

Go to resource ⤢

Training for staff on suicide prevention - Zero Suicide Alliance

This free online training takes around 20 minutes to complete and offers insights into suicide along with three simple steps to support someone who is at risk. It covers what you might see, what you might say, and where you can signpost to.

Go to resource ⤢

Helping children and young people to manage anxiety – Anna Freud Centre

This resource draws on the existing evidence base around self-care and Cognitive Behavioural Therapy (CBT) to think about how to best support children and young people struggling with anxiety.

Go to resource ↗

E-learning courses on relationships and sexual health – Brook

With the release of the recent Ofsted report into sexual harassment & abuse in schools, staff may want to learn more about how to address these topics. These e-learning courses cover topics like consent, relationships and harmful sexual behaviours.

Go to resource ↗

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