



**Mental Health Learning Hub**  
**2018/19**

# Aims

- To run cross-phase research and impact groups to develop practical resources on our two areas of focus for 2018/19:
  - staff well-being and mental health
  - the importance of sleep
- The groups will meet at least termly to develop and trial a practical resource to support work in the focus area and which can then be shared with other schools.
- To build on our work in 2017/18 to develop and share our resources around thinking cards – videos/lessons to support the use of thinking cards in secondary schools and develop new primary thinking and feelings cards.

# Baseline

Why are you attending the Mental Health Learning Hub this year?	What do you expect to get out of being part of the Mental Health Learning Hub this year?	Main mental health priorities, issues or challenges in your school/setting at the moment
<p>Recommended by school SENCo, improve knowledge around mental health needs of young people.</p> <p>Year group has a high number of students experiencing varying levels of mental health.</p>	<ul style="list-style-type: none"> <li>• Improve knowledge</li> <li>• Access to resources</li> <li>• Share learning</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety – improving students’ feelings of anxiety and its impact on attendance</li> <li>• Identity – students struggling with sexual identity</li> <li>• Eating disorders</li> </ul>
<p>Joint decision between myself and head – links to SDP area of development.</p> <p>It is a growing need in the school and we want to improve our ability to work with children/families to support them excellently, with developing lifelong understanding of their mental health and have strategies to support positive mental health.</p>	<ul style="list-style-type: none"> <li>• I want to be better equipped (e.g. ideas/resources) to work with children to promote positive mental health</li> <li>• To work collaboratively with others to share good practice in this areas</li> <li>• To create something new to work with children at primary school age</li> </ul>	<ul style="list-style-type: none"> <li>• Low self-esteem</li> <li>• Not feeling “good enough”</li> <li>• Bereavement</li> <li>• Body image</li> </ul>
<p>I personally was really keen to join this hub this year. I’m not particularly expert at the subject but I’m very interested to learn more and think it’s very relevant to the needs of our current learners.</p>	<ul style="list-style-type: none"> <li>• More knowledge around the subject that I can disseminate to colleagues</li> <li>• Useful tips and resources that are practical to use on a day-to-day basis in school</li> <li>• Knowledge/resources to enable me to work with parents/families in supporting children’s mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Improving children’s resilience and building self esteem</li> <li>• Understanding appropriate vocabulary to use with children in order to enable them to discuss their mental health</li> <li>• Work with parents around sleep</li> </ul>
<p>To be able to complement the support provided by the Health and Wellbeing Team with the work of the hub.</p> <p>To support the MH Learning Hub.</p> <p>To coordinate the work of the MH in schools alongside the hub, i.e. not duplicate but complement.</p>	<ul style="list-style-type: none"> <li>• Learn about what schools are doing and their concerns re MH</li> <li>• Support the hub</li> <li>• Share good ideas and resources</li> </ul>	<p>Main priorities for the HWB Team:</p> <ul style="list-style-type: none"> <li>• Support and training for staff so they are confident in the area of MH</li> <li>• Support staff to teach about MH</li> <li>• Involve more schools with iMHARS</li> </ul>

# Core Meetings

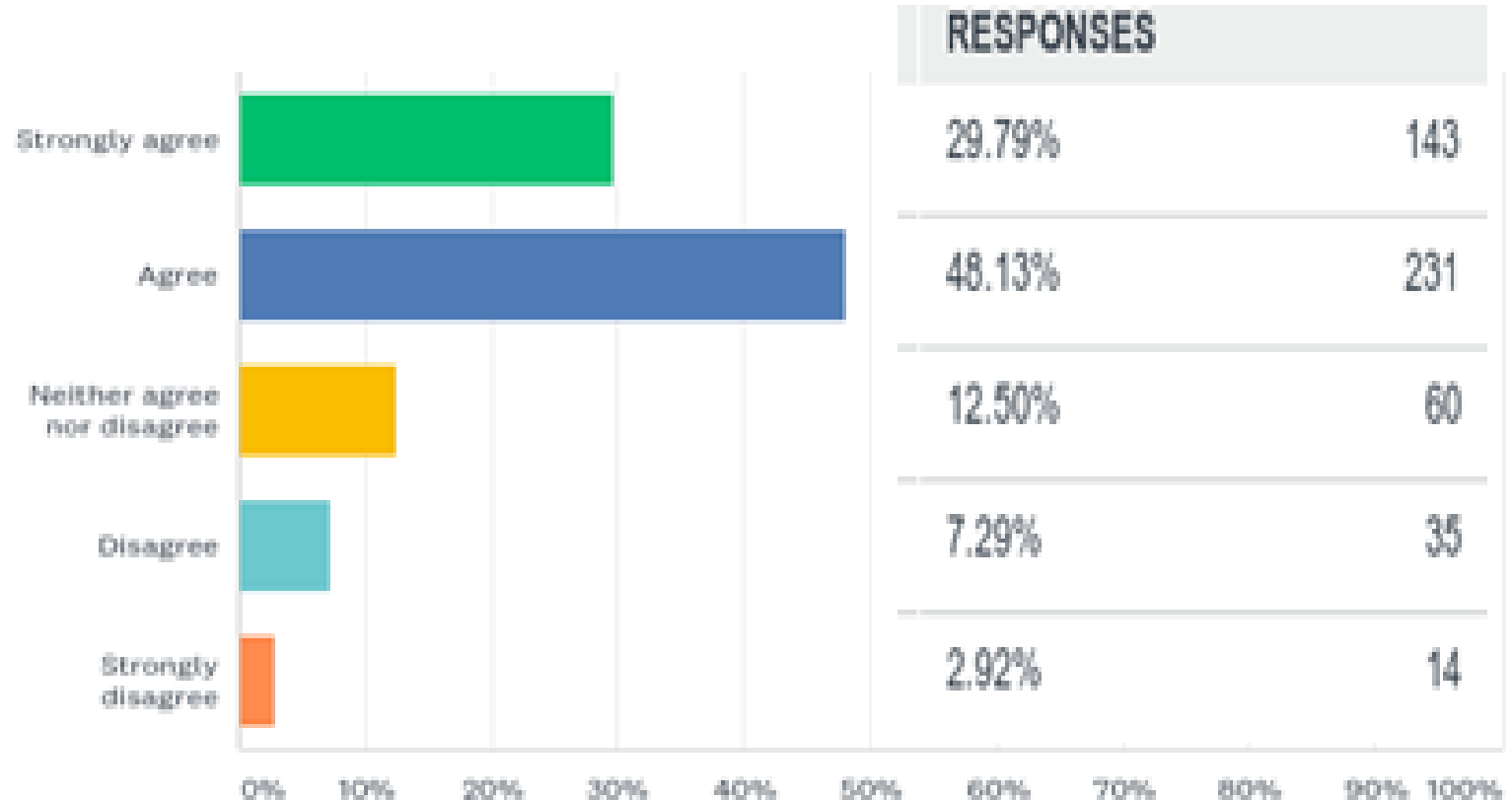
- The October 18 meeting included distribution and discussion of our **'Why We Sleep' books**
- The February 19 meeting included professional development for all hub members with a **talk from a highly specialist psychologist** on the impact of screen use on children and young people and, in particular, the impact of screen use on sleep.
- The May 19 meeting was used to **share good practice and the resources** we have developed and agree on priorities for the year ahead.

# Staff Well Being

- The staff well-being sub group developed a staff online survey related to well-being and work-life balance. This has recently been publicised to all Camden schools and received around 500 responses from 21 different schools. Anonymous reports, including suggested actions, will now be provided to the leadership team in each school.

## Q6: My contribution to the school is valued

Answered: 480 Skipped: 0




# Staffroom poster


**CAMDEN SCHOOLS  
CARE ABOUT**

## STAFF EMOTIONAL WELL-BEING


**Look after your own well-being...**  
Think about your work-life balance and how to prioritise what needs to be done.




Eat and drink as  
healthily as you can




Find a way to do  
exercise that you love




Think about your  
sleep routine



Spend time with your  
friends and family



Try something  
new



Take time to do something  
you enjoy for yourself

## IF THINGS ARE GETTING TOO MUCH...

- 1 Stop and take a deep breath, try to focus on the things you have achieved.
- 2 Talk to your line manager or another colleague.
- 3 Speak to your family or friends.
- 4 Try a mindfulness app such as Headspace or Smiling mind.
- 5 Seek help through the Education Support Partnership (who provide mental health and wellbeing support services to all education staff).  
**FREE HELPLINE 08000 562 561**  
[www.educationsupportpartnership.org.uk](http://www.educationsupportpartnership.org.uk)
- 6 Go to your GP.

# Sleep Lesson Key Stage 1 with Animation

This is Dozey. There's something the matter with her today. Let's find out what it is.





# Interactive Teacher led lessons for Year 6

- The primary group in the Camden Mental Health Hub developed an interactive hour-long lesson for Year 6 about the importance of sleep, which was offered free to all Year 6 classes in Camden.
- The lesson is led by an experienced primary teacher who is part of the Hub and who will visit each school. After the lesson, Year 6 teachers were left with suggestions for follow-up activities and information for pupils to take home. There was no cost to schools.
- *If you would like your Year 6 class to take part in a lesson about sleep, please contact Katy Forsdyke, [Head@cchurchnw3.camden.sch.uk](mailto:Head@cchurchnw3.camden.sch.uk).*

## Activity 2

# Facts about sleep

(20 minutes)

- Around the classroom are 4 different posters about sleep.
- Use the information on the posters to complete the sleep fact file.

Question	Answer
How much sleep do children need each night?	
Find 3 things that help someone get a good nights sleep:	
Find 3 things that stop someone get a good nights sleep:	
What happens during sleep when someone starts puberty?	
Why is it important to get good sleep?	
CHALLENGE question: Why is it more important to get sleep during puberty?	

# Year 11 Sleep Presentation

## How much does sleep affect school?

Recent research into sleep has discovered that humans need sleep to...

- ✓ Put what we've learnt that day into our long term memory
- ✓ Get our brains ready to learn tomorrow
- ✓ Be able to problem solve
- ✓ Have good judgement to make sensible decisions
- ✓ Empathise and have good relationships with others
- ✓ Reduce stress
- ✓ Fight infection and stay healthy



# Staff Well Being Workshop

## Staff well-being workshop The importance of sleep



# Has the hub met your expectations for this year? Why?

- *Yes, project group outcomes were impressive, opportunity to work with a range of colleagues was great*
- *Yes, produced a range of excellent resources, has been genuinely cross-phase and collaborative and there is a sense of momentum into next year*
- *Yes, I've really enjoyed it and learned a lot. I didn't initially realise that we would each be focusing on such specific areas but I think that has worked well.*
- *Yes, I wanted to focus on sleep and we've been able to produce a wide range of resources for KS1-5 and other stakeholders – that's quite an achievement!*
- *Yes, and more. I'm really impressed with people's dedication to the hub and to working on group projects. I feel like we make a real difference that will lead to impact.*
- *Yes, it was great to share with other primaries but also develop relationships with secondary schools – using their knowledge.*
- *I think it exceeded my expectations. The quantity and quality of work on sleep and health will make a real difference to pupils in Camden. The staff well-being survey is a valuable and important document.*

# Priorities 2019/20

- Hub has now secured [www.thinkingcards.org.uk](http://www.thinkingcards.org.uk) as a way of extending the reach of this project – the PDF resources now have over 500 downloads.
- Primary Thinking Cards have been developed this year and are due for production and roll out next year
- Looking at a further focus based on hub members' interests and challenges in their schools.

The Royal Free Hospital Children's School

Helpful Thinking Cards

Sharing a love of learning  
ROYAL FREE  
HOSPITAL CHILDREN'S SCHOOL

**'Get some perspective'**  
It's not the biggest problem in the world.  
Take a step back from it and look again.

**'Know your strengths'**  
Know your strengths and make a point to use them.

**'Change the channel'**  
When we find ourselves worrying over and over, we can refocus our thoughts on other things or find something else to do as a distraction.

**'Positive memories'**  
Imagine all your best times, close your eyes and visualize them playing on a screen.

**'Remix/Rewind'**  
See the problem differently. You're really not as stressed as you think you are. Positive Remixing means you now see it differently and you don't mind walking home because it's such a nice day.

**'Never Give Up'**  
Make giving up your very last alternative.

**'Five Senses'**  
TOUCH: Take time-out to really focus on the colours you see, the sounds you hear, the flavours you taste, the scents you smell and the textures you touch.  
SIGHT  
HEARING  
TASTE  
SMELL

**'False facts'... Beware of these!**  
False  
Example: If you say that Nothing I do at school is any good, you'll end up believing it, even when it's not true.

**'Talk yourself up'**  
We can usually find ways to talk ourselves up... even when we feel down or the going gets really tough.

**'Problem solving'**  
After sorting out a small problem, we nearly always feel better.

**'Right here right now'**  
Don't spend all your time worrying about the past or the future. Live in the present.

**'Grow your optimism'**  
If we usually expect things to improve, then we are more likely to maintain our mental strength until things actually do improve.

**'Breathing space'**  
Breathery: A sense of calm can also normally be achieved quite quickly by just taking a few easy, slow, long breaths!

Camden Learning

Primary thinking and feelings cards

Camden Mental Health Hub