



Mental Health Learning Hub

2020/21

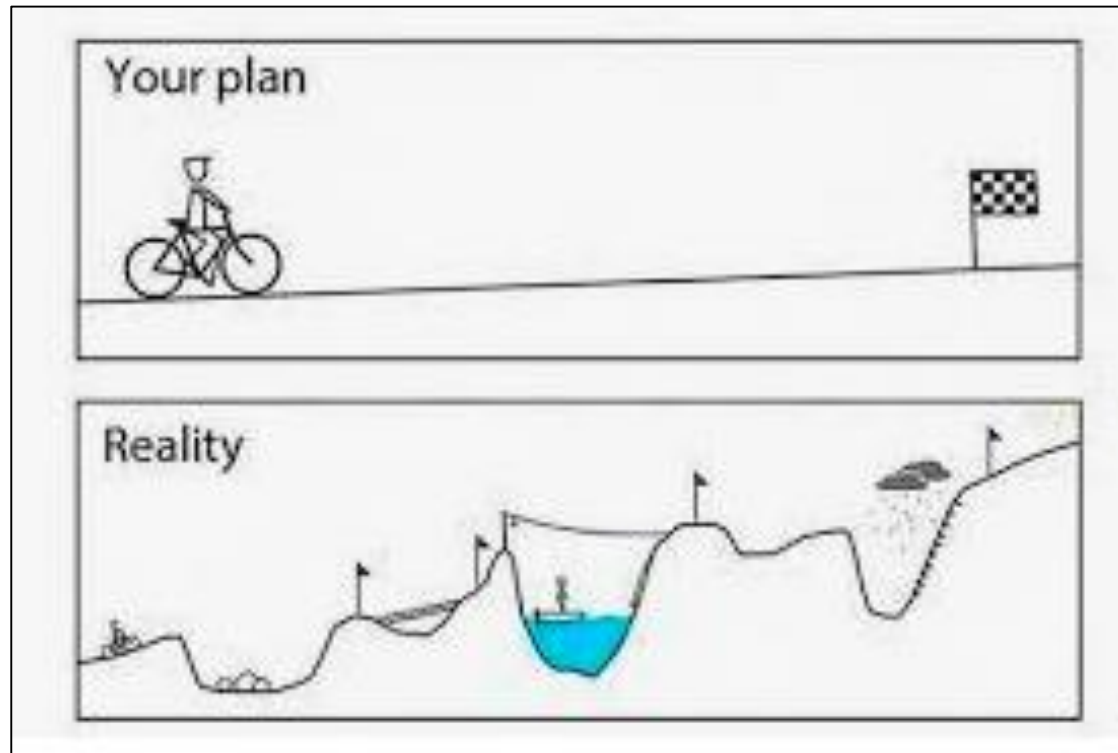
KEY FEATURES

- Cross phase membership – primary, secondary, special
- A wider network of members and attendees, including Camden Learning Health and Well-being team, CAMHS representatives

AIMS 2020/21

- Focus on a local response to the issues raised and resources produced as a result of the pandemic
- Continue and complete the work of the 19/20 hub

Our approach this year...



Being mindful of members' own mental health this year
Adapting our plans where we needed to

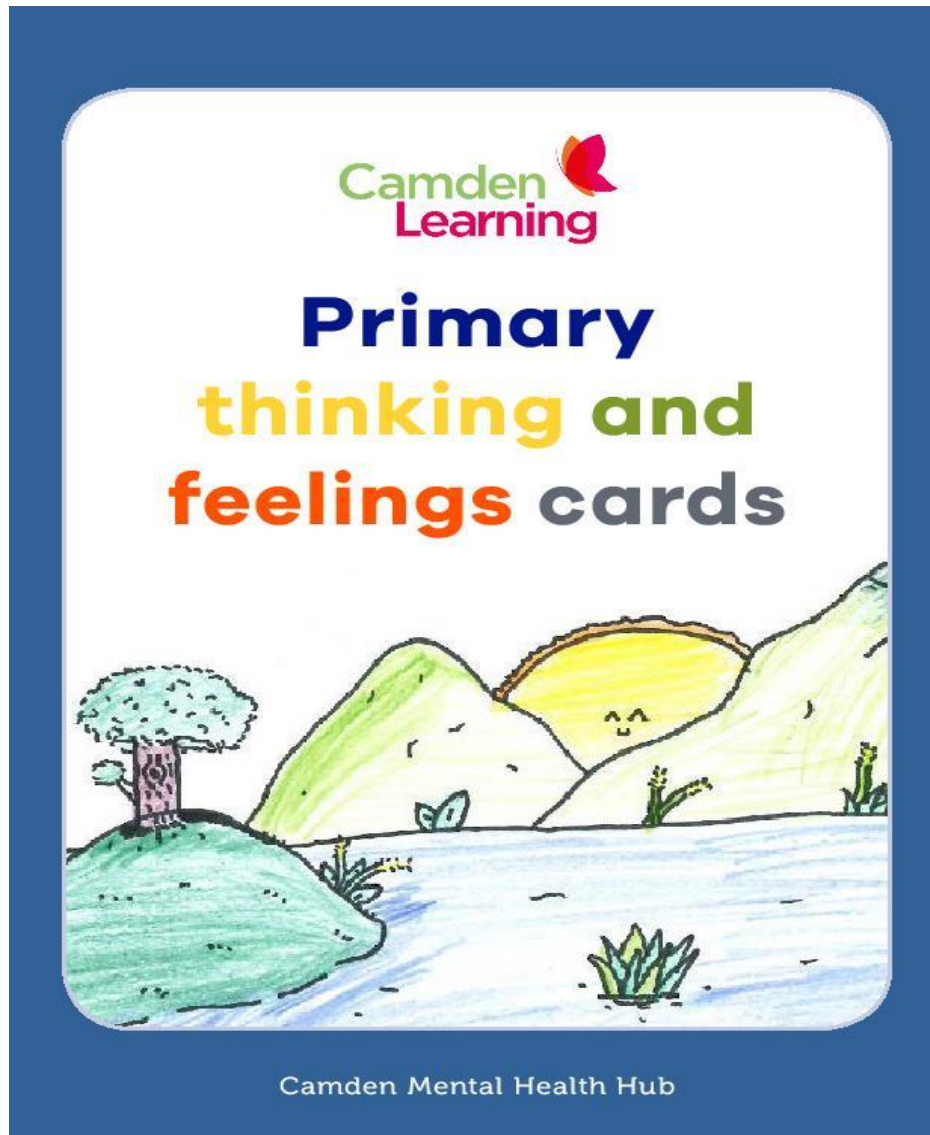
Our approach this year...



Sharing issues and
developing quick fix
solutions together

Responding to and
building on members'
needs and requests

Achievements this year...

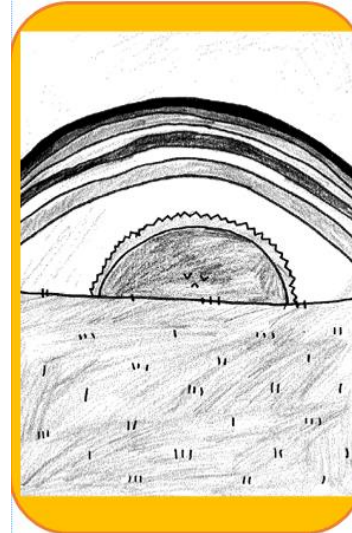


KS2 lesson plans developed and trialled in two Camden schools

Training developed and delivered to staff

All the primary and secondary thinking cards resources will now be available on the thinkingcards.org website

How are *you* feeling now?



How would you *like* to be feeling?

- How can you move from one to the other?
- What support do you need to help you to get there?
- What changes could you make to help yourself?



Achievements this year...

Quick fixes and shared problem solving about...



Staff members' feelings of isolation in the 'bubble' system



Pupils in KS2 and KS3 lacking their usual stamina for learning

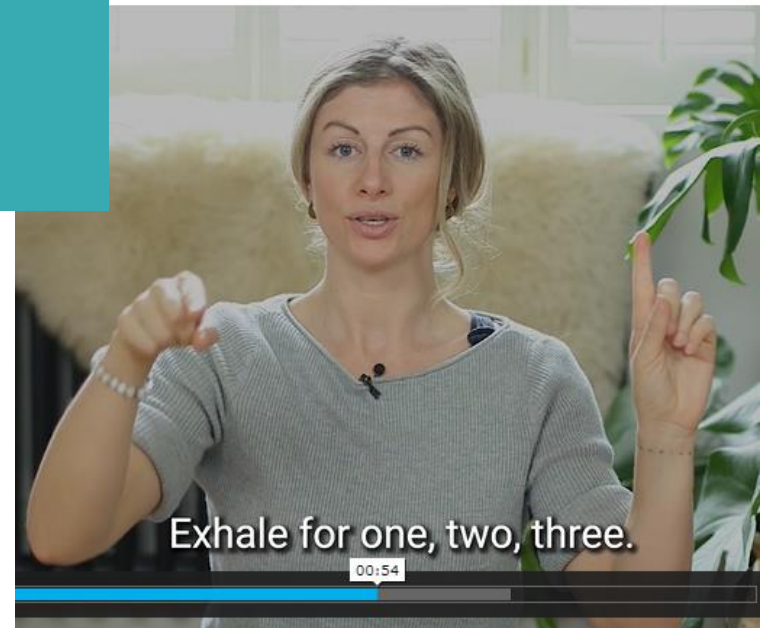


Children of all ages displaying and sharing anxieties about family members becoming ill

Achievements this year...

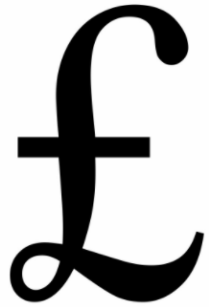


<https://schoolbreathe.com/>



An introduction to the benefits of breath work for all members.
A reduced subscription offer to School Breathe resources for all member schools for next year.

Achievements this year...



Grants for hub members

So far we have approved small grants for schools for...

- Training courses for Teaching Assistants on the impact of COVID 19 on children's mental health
- Well-being books for staff rooms
- Books ranging from the teaching of Theory of Mind to Cognitive Behavioural Therapy
- A contribution towards a course in therapeutic teaching

A reminder about other Mental Health Learning Hub resources

Secondary thinking cards (with the RFHS)

Videos, lesson plans, teaching resources and posters



A reminder about other Mental health Learning Hub resources

Sleep resources for primary and secondary teaching, parent workshops and staff training





Keeping the work of the mental health learning hub going...

Links to the Camden Learning health and well being team – there is so much other excellent mental health support taking place and planned!





Keeping the work of the mental health learning hub going...

[mental health learning hub website](http://www.mentalhealthlearninghub.org)

www.thinkingcards.org

ABOUT

Thinking Cards

Videos

Our “Thinking Cards” were developed to help young people improve their mental well being utilising techniques from Cognitive Behaviour Therapy (CBT) and mindfulness.

We wanted to develop a learning tool to support young people in identifying their positive and negative thought patterns. The overall aim was to see a reduction in anxiety and an improvement in resilience.

We looked at the ideas used in Cognitive Behaviour Therapy and

We plan to share these resources/products with other schools at the Summer term SENDCo conference as well as at the Hub Networking Event.

In 2018/19 there was a new focus on the impact of 'Sleep' as well as development of a new 'Thinking Cards' set for primary age children. Resources are attached below - please let us know if you use them.

In 2019/20 we aimed to:

- Develop <http://www.thinkingcards.org> site and related app
- Trial primary thinking cards in schools
- Develop cross-phase resources on approaches to managing anxiety

Slides from 2019/20 sharing event are attached below.

▼	Mental Health Learning Hub 2019 20 slides for sharing event	PPTX
▼	Mental Health Learning Hub 2018 19 slides for sharing event	PDF
▼	CC102 Emotional Well-being Poster AW (In-house)	PDF
▼	Christ Church Thinking Cards Pack Cover 100619	PDF
▼	Parent workshop on sleep June 2019	PDF
▼	Parent Workshop on Sleep Plan June 2019	PDF
▼	KS2 Sleep Lesson Plan	PDF



Thank you to our members for their ideas and contributions over four years of the Mental Health Learning Hub