

Emotional Health and Wellbeing

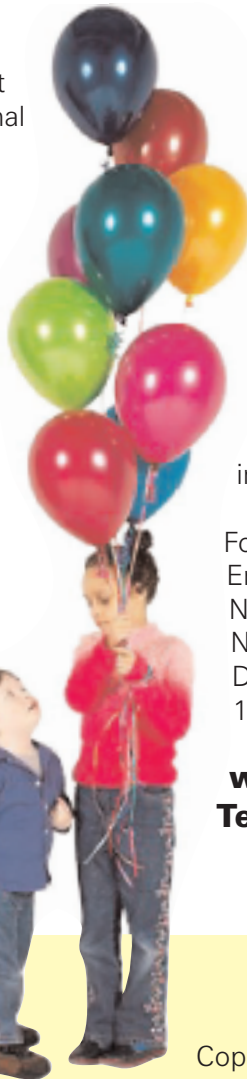
★ ★ ★ *in Gateshead Schools* ★ ★ ★

Emotional Health and Well-Being (including bullying) E.H.W.B

Introduction

Physical health issues are usually easy to spot and respond to, but outward signs of emotional health are more subtle. A healthy schools needs to make sure that when children/young people are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality.

- Promoting the emotional health and well being of pupils and staff can bring valuable benefits to schools. It can help pupils and staff feel happier and more motivated and prevent mental health problems.
- Contributes positively to priorities like enhancing teaching and learning, raising standards, promoting social inclusion and improving behaviour and attendance.
- Involves pupils more fully in the way their school operates.
- Helps to meet legal, ethical and curricular obligations.



About emotional health and wellbeing

People use a range of terminology to describe **EHWB**. However, the key issue for schools is that emotional wellbeing is critical in developing a healthy, successful school community and this will involve developing pupils **social emotional and behavioural skills (SEBS)**. Effective programmes to promote EHWB bring numerous other benefits for schools, particularly in relation to school improvement.

For further information refer to Promoting Emotional Health & Wellbeing - through the National Healthy School Standard (NHSS) - NHS Health Development Agency - Department of Health. DfES document ISBN 1-84279-263-6

www.wiredforhealth.gov.uk
Tel 0870 1214194

SEBS/SEAL

The SEAL curriculum resource is structured and outcome led and is designed for flexible use across the primary school to enhance current learning within personal, social and health education. It provides a range of progressive and structured learning opportunities for use across the curriculum within a theme based structure. In addition there are ideas for use in assemblies, across the school, in the family and with small groups of children who might find it hard to learn the skills identified.

Copies of the SEAL curriculum resource are limited to one full kit per school but can be viewed or downloaded at **www.teachernet.gov.uk/seal** If you would like a copy of the full set of materials on CD-ROM please contact:

DfES Publications
Tel: 0845 602260
Fax: 0845 6033360
Textphone: 0845 6055560
e-mail: dfes@prolog.uk.com

SEAL CD Ref: DfES 1579-2005CDSEB/SEAL

New - National Healthy School Status (NHSS)

Schools must promote positive emotional health and wellbeing to help pupils understand and express their feelings, and build their confidence and emotional resilience and therefore their capacity to learn.

Criteria to achieve in Healthy School Status include:-

- identify vulnerable individuals and groups and establish appropriate strategies to support them and their families
- provide clear leadership to create and manage a positive environment which enhances emotional health and wellbeing in school - including the management of the behaviour and rewards policies
- has a clear, planned curriculum, opportunities for pupils to understand and explore feelings using appropriate learning and teaching styles
- has a confidential pastoral support system in place for pupils and staff to access advice - especially at times of bereavement and other major life changes - and this system actively works to combat stigma and discrimination
- has explicit values underpinning positive emotional health which we reflected in practice and work to combat stigma and discrimination
- has a clear policy on bullying, which is owned, understood and implemented by the whole school community
- provides appropriate professional training for those in a pastoral role
- provides opportunities for pupils to participate in school activities and responsibilities to build
- has a clear confidentiality policy.

Gateshead BIP/BEST

The Behaviour Improvement Programme - BIP

What is BIP? The BIP is developed in phases and targeted schools serving complex catchment areas. Most Secondary schools selected are located in areas where there is high pupil mobility. The BIP aims to reduce non-attendance and exclusions while improving pupils behaviour.

Key elements of the BIP are -

- introduction or extension of learning mentor roles
- appointment of administrative staff/attendance workers
- establishing provision for disruptive pupils
- developing provision for excluded pupils from day one of the exclusion

ECM

Links with the Every Child Matters (ECM)

5 Outcomes

- **Being Healthy**
- **Staying safe**
- **Enjoy and Achieve**
- **Making a positive contribution**
- **Economic well being**

For further information visit

www.everychildmatters.gov.uk

Anti-Bullying Alliance

The (ABA) Anti-Bullying Alliance sets out to:-

- Develop policy and make links with key people and organisations
- Disseminate information and resources for professionals, parents and young people
- Promote effective anti-bullying practice
- Co-ordinate activities and events including on Anti-Bullying Week (November)
- Involve children and young people as active participants in anti-bullying work.

Why preventing bullying is important

- Bullying has a damaging and harmful impact on the lives of thousands of children and young people each year. It affects their ability to learn, their relationships and their enjoyment of life. These effects can last long into adulthood.
- Some children and young people are more vulnerable to bullying, including those who are: disabled; have special educational needs; are from black or minority ethnic communities; are gay, have been abused or are in care. Others who are perceived to be different - perhaps because of their height, weight, shape, hair colour or glasses - can also be picked on. Sometimes there is no apparent reason and former friends may do the bullying.

Schools

Buddy Training - The Healthy and Active Schools Team provide Buddy Training for Gateshead Schools. It provides support and advice as a way of tackling bullying, promoting physical activity and enhancing self esteem. It links well with Midday Supervision training to increase the quality of time for children at break and lunch times and the transitions to classroom activities afterwards.

For further information contact - Healthy School Consultants at Dryden PDC - Tel 0191 4338500.

Gateshead Schools Staff Training

In 2005 the majority of schools attended training provided by Rowantree and received a resource 'What's the Score on Bullying in our School'.

This initiative supported DfES and Ofsted guidelines and supported the Government's Anti - Bullying Alliance.

- **DFES - Guidance 'Don't suffer in Silence'** - an anti-bullying pack. Guidance on implementing a 'whole school approach'. Copies available free - 0845 6022260. Quote 0064/2000 www.dfes.gov.uk/bullying

- **The Children's Legal Centre**
Ref - 'Bullying A guide to the law'
Document covers:
 - About Bullying
 - What are Schools responsibilities?
 - What to do if your child is being bullied
 - Withdrawing children from schools
 - What legal action can you take if a bullying problem is not addressed?
 - Bullying out of school

For further information ring 012006872466
www.childrenslegalcentre.com
Key Messages - evidence Trends

Gateshead Schools may refer to the 1995/2001 and 2004 Health Related Behaviour Questionnaire, Survey reports for evidence and key messages related to Emotional Health and Well Being of young people in both primary and secondary schools. Trends covering the years between 1995 and 2005 together with data from other authorities may be compared.

The Schools Health Education Unit (SHEU) have produced a Trends - Young People and Emotional Health and Well Being document - (incorporating Bullying) 1983 - 2003.

For further information contact SHEU - Renslade House, Bonhay Road, Exeter EX4 3AY
Tel 01392 667272 www.sheu.org.uk

- The Diane Princess of Wales Memorial Award for Young People - Anti - Bullying Award
- Child Net Awards www.childnetawards.org
- Sheridan Awards Teenage Pregnancy (SRE)

Contacts

- **Learning and Children - Raising Achievement Service**
 - Health Education Adviser
 - Healthy Schools Consultant
 - Gateshead BIP Co-ordinator

all at Dryden PDC, Evistones Road, Gateshead NE9 5UR. Tel 0191 4338500

Gateshead PCT

- Connexions - Tel 0191 4434504
- Positive Images - Tel 0191 4203540
- Team Leader - Sexual Health Promotion, 13 Walker Terrace, Gateshead NE8 1EB
Tel 0191 4901699
- Gateshead Learning and Children Staff Health Well Being -
Contact J Anderson, Dryden PDC
Tel: 0191 4338676
janeanderson@gateshead.gov.uk
Staff HW
Tel: 01380 831312
- Worklife Support from teacher support network
www.worklifesupport.com
- CAMHS - Tel 0191 4915713
- Risk Watch - Tel 0191 2359472
- Gateshead - WHOOPS Child Safety
Tel: 0191 4777366
e-mail: **safety@whoops94fsnet.co.uk**
12 Gladstone Terrace,
Gateshead NE8 4DY
- NE Regional Anti-Bullying Alliance
Contact **Val.McFarlane@durham.gov.uk**
Eileen.stanford@durham.gov.uk
Durham County Council Administrator -
Anti - Bullying Service/NERABA
- Emotional Well Being Team,
Dunston Hill Hospital,
Gateshead NE119QT
Tel 0191 4456449

Websites - for further information

- **www.gateshead.gov.uk/healthyschools.org**
- **www.healthpromotion.demon.co.uk**
- **www.qca.org.uk**
- **www.wiredforhealth.gov.uk**
- **www.schoolcouncils.org**
- **www.teacherline.org.uk**
- **www.(TeacherSupport)worklifesupport.com**
- **www.teachernet.gov.uk.pshe**
- **www.hansardsociety.org.uk**
- **www.childline**
- Freephone 0800 1111 (24 hours)
- **www.(NSPCC) - www.nspcc.org.uk**
- **www.teachernet.gov.uk/behaviour**
- **www.teachernet.gov.uk/tacklingbullying**
- **www.teachernet.gov.uk/truancy**
- **www.anti-bullyingalliance.org**
- **www.youngminds.org.uk**
- **www.ndh.org.uk National Drugs Helpline**
- **www.mind.org.uk**
Free phone 0800 776600 (24 hours)
- **www.edauk.com**
Eating Disorders Association Youth help line
0845 634 7650
- **www.trashed.co.uk**
Trashed a website about Drugs
- **www.causebereavement.care.org.uk**
Youth helpline 0808 8081677
- **www.bootslearningstore.com**
- **www.there4me.com**
- **www.learn.co.uk/citizenship**
- **www.dfes.gov.uk/citizenship**
- **www.theredcard.org**
- **www.armyeducation@edcoms.co.uk**
- **www.ecoschools.org.uk**
- **www.oxfam.org.uk/coolplanet**
- **www.channel4.com/citizenpower**
- **www.channel4.com/firstedition**
- **www.mindout.net**