**Weblinks / email contacts referenced in Harrow WFE Session 1 (w/b 09/11/20)**

**DfE/MindEd materials, with audio**

* The [DfE/MindEd pack of materials](https://www.minded.org.uk/Component/Details/662137) (also with audio recordings). You do not need to register, just select ‘View’ and then ‘Continue’.

**Section 1: Mentally Healthy Schools in the context of the pandemic**

*Dr Daniel Ruddock, Senior Educational Psychologist and Emily Rayfield, Mental Health Improvement Officer EGFL/HSL*

* [Recovery, Re-introduction and Renewal handbook](https://www.sendgateway.org.uk/whole-school-send/find-wss-resources/) on return to schools published through Whole School/College SEND.
* [Promoting children and young people’s emotional health and wellbeing](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/932360/Final_EHWB_draft_03-11-20.pdf). A whole school and college approach. PHE (2015) document outlining eight principles to promoting a whole school and college approach to emotional health and wellbeing.
* [Healthy Schools London](http://www.healthyschoolslondon.org.uk) site for accessing the awards programme
* [Schools in Mind](http://www.annafreud.org/schools-and-colleges/resources) and the [wellbeing measurement frameworks](https://www.annafreud.org/schools-and-colleges/resources/wellbeing-measurement-framework-for-schools/)
* [EGFL Whole school approach to mental health](https://www.egfl.org.uk/elp-services/health-improvement-schools/hit-resources-and-support/mental-health-and) site
* [Harrow Healthy Schools](https://www.egfl.org.uk/elp-services/health-improvement-schools/harrow-healthy-schools) section of EGFL health improvement site
* For HSL website or log in enquiries Alison.Stafford@london.gov.uk
* For support with completing your awards RayfieldE@ealing.gov.uk

**Section 2: Psychoeducational resources**

*Hugh Watson, Principal Educational Psychologist & Emily Lewis / Leyla Vladar, Mind in Harrow*

* Prof Dan Siegel’s ‘flip your lid’ [Hand Brain model explained on YouTube](https://youtu.be/gm9CIJ74Oxw)
* Islington New River College’s [Stress on the Brain video on YouTube](https://www.youtube.com/watch?v=fhI9KLwfpbM)

*Some sites/resources for teachers*

* [Mentally Health Schools](https://www.mentallyhealthyschools.org.uk/) features over 500 quality-assured, curriculum-linked resources for primary schools, as well as those on staff wellbeing. You can sign up for curated monthly toolkits
* Anna Freud’s [Schools in Mind](http://www.annafreud.org/schools-and-colleges/resources) site, containing a wide range of mental health resources for schools and colleges.
* [Mind in Harrow](http://www.mindinharrow.org.uk/our-services/young-people/) for resources and support, including [Mental Health videos](https://www.youtube.com/channel/UCzPe50SCQr9pcVqHQYPANNw/videos)
* [Young Minds](http://www.youngminds.org.uk) site, containing further resources e.g. [How Many Positives](https://youngminds.org.uk/media/3554/how-many-positives-360-activity.pdf) activity for children
* [EGFL Mental Health and Emotional Wellbeing resources](https://www.egfl.org.uk/elp-services/healthy-schools/four-themes-healthy-schools/emotional-health-and-well-being), including links and resources on a range of mental health topics
* [Jigsaw site](http://www.jigsawpshe.com) with PSHE resources a number of Harrw schools are using
* [PSHE Association](http://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans) site with PSHE resources a number of Harrow schools are using
* [Charlie Waller](http://www.charliewaller.org/resources) site contains mental health resources including posters and a range of mental health related booklets
* [Place2Be](https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/) Resilience and Wellbeing lesson plans and activities
* Children’s Society [5 Ways to Wellbeing postcards](https://shop.childrenssociety.org.uk/five-ways-to-well-being-postcards.html) (digital download)

*Some sites for young people*

* [Young Harrow Foundation](http://www.youngharrowfoundation.org/young-people) site, enabling young people to find support and activities available locally
* [Looking After Ourselves](http://www.harrow.gov.uk/lookingafterourselves) is a Harrow signposting document (during first lockdown) designed for young people (High School age) linked to staying healthy, keeping connected, and boosting skills.
* [Every Mind Matters](http://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/) Youth Mental Health site, including a range of self-care videos
* [Kooth](https://www.kooth.com/) offers free, safe and anonymous online support for young people. An opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.
* [Good Thinking](https://www.good-thinking.uk/), London’s digital wellbeing service with NHS approved self-care information and a range of free to access Apps e.g. for Anxiety, Low mood, Sleep, and Stress. Further NHS approved wellbeing Apps via [NHS Apps Library](http://www.nhs.uk/apps-library)
* [Think Ninja](http://www.healios.org.uk/services/thinkninja1) is a free app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills to build resilience and stay well.
* [Five Ways to Wellbeing](https://www.mindkit.org.uk/5-ways-to-wellbeing/) offers 1 minute, 1 hour, or longer suggestions relating to the evidence-based 5 areas: connect; be active; keep learning; help others; and taking notice.

**Section 3: Resilience**

*Dr Rifat Malik, Educational Psychologist & Judith Andrew, Senior Clinician, Harrow Horizons*

* [Mentally Health Schools](https://www.mentallyhealthyschools.org.uk/) features over 500 quality-assured, curriculum-linked resources for primary schools, as well as those on staff wellbeing. You can sign up for curated monthly toolkits
* [Boing Boing resilience framework](https://www.boingboing.org.uk/use-resilience-framework-academic-resilience/), summarises a set of ideas and practices that promote resilience. It is based on a body of research and practice development called Resilient Therapy (RT).

**Section 4: Staff wellbeing**

*Husna Kasmani, Trainee Educational Psychologist & Eleanor Rae, Cannon Lane Primary School*

* Martin Seligman’s [PERMA model](https://positivepsychology.com/perma-model/) as an evidence-based framework looking at: Positive emotions; Engagement; Relationships; Meaning and Accomplishments. Can be used as a framework for staff discussion.
* [Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/) site on supporting staff wellbeing.
* The [Recovery, Re-introduction and Renewal handbook](https://www.sendgateway.org.uk/whole-school-send/find-wss-resources/) contains a School planning tool for staff wellbeing
* [MindEd Staff Resilience hub](https://covid.minded.org.uk/), offering information and advice on managing mental health and wellbeing

**Section 5: Parent/carer wellbeing**

*Angie Beaumont, Early Support Team and Lynne Babbington MBE, Specialist Educational Psychologist*

* [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters) site, including a range of self-care videos
* [Good Thinking](https://www.good-thinking.uk/), London’s digital wellbeing service with NHS approved self-care information and a range of free to access Apps
* [Five Ways to Wellbeing](https://www.mindkit.org.uk/5-ways-to-wellbeing/) offers 1 minute, 1 hour, or longer suggestions relating to the evidence-based 5 areas: connect; be active; keep learning; help others; and taking notice.
* [MindUp](https://mindup.org.uk/families/) resources
* For further information on Harrow’s Early Support service, contact angie.beaumont@harrow.gov.uk and for Children’s Centres [www.facebook.com/harrowcc](http://www.facebook.com/harrowcc)