

# HeadStart Middlesbrough Update

## Christmas Newsletter



Giving all Middlesbrough's children and young people the necessary support to build resilience and achieve good emotional health



@HeadStart\_Boro



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### HeadStarters

The HeadStarters are mental health and wellbeing champions recruited from all schools in Middlesbrough. Participants undertake the HeadStarters ASDAN Educational Training Pathway from Bronze Award up to Gold.

Following the October half-term, there are 777 youth mental health champions accessing the HeadStarters Educational Pathway across 34 primary and secondary schools. 10 of these groups are currently working towards the HeadStarters Gold Award, accredited by ASDAN, by passing on their learning to new groups of HeadStarters to create sustainable mental health and emotional wellbeing education and awareness in their school.

Below is some feedback on the benefits of the educational pathway from a Year 6 pupil at Rose Wood Academy.

**"I am a Year 6 pupil and I am a member of HeadStarters. At the start of Year 6, I had problems dealing with my emotions and anger. However, I learnt to deal with them better by talking to Miss Jackson and the other members of the HeadStarters about my problems. Before I learnt to deal with my emotions I lashed out at other people but after getting the help I needed I think about consequences more and how it can affect other people.**

**I feel my emotional, physical and mental health are very important.**

**I would like to share my skills and strategies with other people so they can get just as much help as I did. When I move up to secondary school I hope to be considered for HeadStart because I would still like to learn more strategies that I can share with others. "**

HeadStarters training pathway is accessible to all children and young people within Middlesbrough. Topics included in the pathway are friendships, understanding moods, emotions and feelings, stress and how to become more resilient. Work is delivered in a fun, engaging and creative way allowing children and young people to feel safe exploring their thoughts and feelings.

## **HeadStart School Quality Standard**

Delivery of the HeadStart school standard to all primary, secondary and special schools in Middlesbrough is part of the Middlesbrough CAMHS Transformation Plan. The school standard enables schools to improve the emotional health and resilience of pupils.

The HeadStart school standard has been developed in conjunction with senior school leaders to support schools in facilitating effective and sustainable change in the delivery of support for the emotional well-being and mental health of children and young people.

The aim of this approach is to implement an early help and prevention model which will ultimately reduce the onset of common mental health problems by building the resilience of pupils to be able to cope better in difficult circumstances.

The model is underpinned by evidence based theory using the resilience framework: <https://www.boingboing.org.uk/interactive-resilience-framework/>

The implementation of the model is tailored to meet the priorities of school wherever possible.

The HeadStart school standard has been developed to evidence a structured and effective support system for pupils. It is a requirement for schools to work towards achieving the standard to receive the full HeadStart offer. It has been developed in partnership with schools and provides an incremental framework to achieve a whole school approach to emotional health. This is linked to the academic resilience framework and toolkit developed by Young Minds and University of Brighton to support and facilitate a whole school approach to emotional well-being: <https://youngminds.org.uk/youngminds-professionals/our-projects/academic-resilience/>

**Following the latest HeadStart Panel meeting Breckon Hill Primary School achieved Gold Standard. Abingdon Primary School, Berwick Hills Primary School, Chandlers Ridge Academy, Easterside Academy, Hemlington Hall Academy and St. Augustine's RC Primary School achieved Silver Standard.**

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**“HeadStart is essential as it creates a whole school key focus”** – Jill Manders, Deputy Headteacher St. Joseph's Catholic Primary School

**“The things I've learnt in HeadStarters help me make better decisions every day”** - Chandlers Ridge HeadStarter

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## HeadStart School Sustainability Grant Spotlight

Linthorpe Community Primary School were the first school to achieve the HeadStart Gold award. They invested their sustainability grant to develop an outdoor, 'green' intervention space. Access to green space and nature is recognised to improve the mental wellbeing of children. Green spaces are considered to have restorative and relaxing properties which positively contributes to personal development in children.

HeadStarters and pupils working with the school care team were involved in developing the green space situated close to the existing calm room.

It has enabled the school to provide a safe outdoor space which can be used by pupils, the care team and other professionals for therapeutic interventions. The Linthorpe HeadStarters, school emotional wellbeing ambassadors, are keen to extend their mentoring role and use the space to deliver sessions to support their peers. Yoga and mindfulness are established in the school and sessions can be delivered outside.

Following a competition in school for students to decide the name of the intervention space, it will be known as the SHACK; Super Happy and Calm Kids. The SHACK is already in use with the Linthorpe Care Team holding mindfulness, friendships and relaxed reading clubs with the support of their HeadStarters group as well as using it for intervention purposes.

Linthorpe's green intervention space has the following impact:

- Increases pupil's emotional wellbeing and resilience
- Provides a safe space where pupils can calm themselves and take charge of their feelings with the support of peers, school staff and other professionals
- Allows pupils to feel a sense of belonging, develop coping skills and build self-esteem in line with the resilience framework
- Allows pupils to be able to connect, be active, learn, take notice and give in line with the five ways to wellbeing guidance





**Following the latest HeadStart Panel meeting, Beech Grove Primary School, Berwick Hills Primary School, Chandlers Ridge Academy, Easterside Academy, St. Bernadette's RC Primary School were all awarded their school grants.**

## **Academic Resilience Approach Training**

On December 11<sup>th</sup>, Mary Hinton from Young Minds delivered Academic Resilience Approach training to 10 delegates from Middlesbrough Post 16 settings. The Academic Resilience Approach helps to embed evidence-based approaches to building resilience in schools across three key areas; people, strategy and systems and structures. When asked about the benefits of the training, staff said that “understanding how to embed the resilience framework to cause cultural change”, “taking part in exercises that put the resilience framework into context” and “ideas that can be used practically in school” were key benefits of the course.

ARA training is available to Middlesbrough school staff for free through the HeadStart Middlesbrough Programme. Please contact the project management team for more information.

## **Crucial Crew**

On 22<sup>nd</sup> November, four primary schools from the South Middlesbrough cluster attended Middlesbrough Fire Station to participate in workshops to support health and wellbeing, through the Middlesbrough Council Public Health Crucial Crew.

The pilot day was targeted at Y5 pupils and HeadStart delivered a workshop for emotional health and wellbeing. Our School Development Officer, who is also a qualified yoga teacher, delivered a yoga workshop including simple breathing techniques, yoga postures and relaxation. Many of the children had never tried yoga before and wanted to do it again!

Yoga practices support positive mental health in children, it teaches calming techniques, healthy habits and self-acceptance as well as the physical benefits of the practice; developing strength and flexibility in the body enables children to develop these qualities in the mind.

Pupils from Marton Manor, St Augustine's, Lingfield and The Avenue all enjoyed the day also accessing workshops with school nurses, young carers and the public health nutrition team.



## **Governor Training**

The HeadStart project management team delivered training to school governors from Beverley School, Berwick Hills Primary, Kader Academy and Thorntree Primary School in November to inform governors about the work of HeadStart in schools and the issues around mental health in Middlesbrough. All governors left the training with a different pledge to further support mental health and emotional wellbeing in their school as part of their governor role.

Kylie Reay, school governor for Beverley School, when asked about the training said “I'd just like to say how beneficial I thought the Governor Training was! I can't believe the figures for the number of children who have a mental illness and what HeadStart are already doing in schools to help tackle these issues. I'm very excited to see the benefits this will bring to our school.”

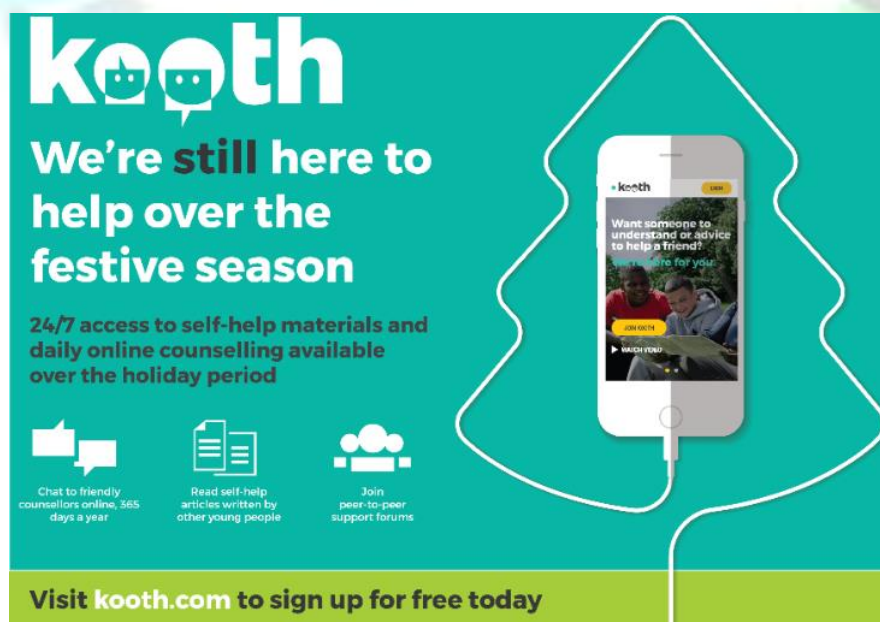
## **KOOTH**

Young people aged 11-18 across Middlesbrough can now access Kooth, a website offering free online counselling and emotional wellbeing support

Kooth ([www.kooth.com](http://www.kooth.com)), from digital mental health provider XenZone, gives young people instant access to emotional and wellbeing advice and support whenever and whenever they need it. It incorporates self-help articles and online tools such as a mood tracker, as well as professional online therapy and moderated peer-to-peer forums.

The Kooth service has been commissioned by local mental health provider Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) as part of its commitment to provide early mental health guidance and support through digital provision.

The Kooth Christmas service is available across the festive period whilst schools are closed for the holidays, should young people need support.



**kooth**

**We're still here to help over the festive season**

**24/7 access to self-help materials and daily online counselling available over the holiday period**

- Chat to friendly counsellors online, 365 days a year
- Read self-help articles written by other young people
- Join peer-to-peer support forums

Visit [kooth.com](http://kooth.com) to sign up for free today

## Suicide Prevention Network

Christmas isn't  
always merry

If you're finding it difficult to cope over the festive season, there are people who can help.

Call NHS 111 if you urgently need medical help or advice, but it's not a life threatening situation.

If you or someone else is at immediate risk of suicide or serious self harm or injury, call 999.

North East and North  
Cumbria Suicide  
Prevention Network  
@StopSuicideNENC

**Suicide** EVERY LIFE  
MATTERS  
**Prevention**

If you need to ask for support, are thinking of harming yourself, or are worried about someone else, you can contact:

**Samaritans** 116 123 Email:  
jo@samaritans.org

**CALM** Anonymous and confidential helpline & webchat, open 5pm to midnight every day  
0800 58 58 58 [www.thecalmzone.net](http://www.thecalmzone.net)

**Shout** 24/7 crisis text support service. Text:  
85258

**Childline** 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**Papyrus** HopelineUK. For young people under the age of 35. Call: 0800 068 4141

Text: 07860039967 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

You can also ring your GP and ask for an emergency appointment.

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For more information on HeadStart Middlesbrough please contact the programme team:

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