



# Emotionally Healthy Schools

## Thank you for joining our first online network meeting

It was fantastic to hear about the wide ranging and innovate ways that you've been keeping your communities emotionally safe during these uncertain times and I have included a number of resources that have been taken directly from your suggestions. There are many more ideas on the way, when I circulate the minutes from the meeting, which will go to all DSLMHs next week.

The next network meeting will also be held on zoom on Wednesday 3 June at a slightly earlier time of 9am. More details to follow and I hope you can join us.

## Funding and Project Updates

Until we hear further, we are still working to the same timescales for funding, which means that all funding applications are still due on 30 June. This means that you will need to have your action plan approved by this date. For help and support with this, please contact [ingrid.sanfey@redwood.derby.sch.uk](mailto:ingrid.sanfey@redwood.derby.sch.uk)

## School spotlights

**Markeaton** have produced a film for their school community: <https://vimeo.com/410723003>

**Asterdale** have been updating their website on wellbeing: <https://asterdaleprimaryschool.co.uk/well-being/children>

If you have anything that might be helpful to share with other schools here, on the website, or via our new blog, please contact me:

Ingrid Sanfey on 07956 308857 or email [ingrid.sanfey@redwood.derby.sch.uk](mailto:ingrid.sanfey@redwood.derby.sch.uk)

Monday 20 April 2020



Follow us on Twitter!  
[@DerbyEHS](https://twitter.com/DerbyEHS)

If you're not already part of our forum, and are from a Derby City school, then please do sign up here: [emotionally-healthyschools.org](https://emotionally-healthyschools.org)

## RESOURCES

**New Derby and Derbyshire NHS website** for emotional health and wellbeing: [www.derbyandderbyshireemotionahealthandwellbeing.uk](http://www.derbyandderbyshireemotionahealthandwellbeing.uk)

**Bereavement:** [www.winstonswish.org](http://www.winstonswish.org) or <https://www.childbereavementuk.org/>

**Sleep:** <https://emotionallyhealthyschools.org/provide/sleep/>

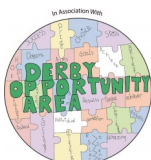
**Bridge the Gap** are offering FREE online support for schools. See Facebook Page: <https://www.facebook.com/jwbridgethegap/>

**BBC 'Own It' website:** <https://www.bbc.com/ownit>

**Educare** provide online training including 'Dealing with Bereavement and Loss' and Supporting staff wellbeing: <https://www.educare.co.uk/>

**Natasha Devon** is offering online mentoring for schools at a flexible cost. More details [here](#).

Free online COVID-19 resource from the **Wellness Society:** <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>



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