



Emotionally Healthy Schools

Thinking about children returning and how to manage wellbeing during the transition.

By now, I imagine that all of you are deep in planning for a return to school and no doubt mental health and wellbeing will be the primary focus for you all. A very useful think piece, 'A Recovery Curriculum: Loss and Life for our children and schools post pandemic' is available here:

<https://www.evidenceforlearning.net/recoverycurriculum/>

It makes essential reading for all teachers when considering their pupils' return to school and what the principles of a 'Recovery Curriculum' look like. Please circulate amongst your staff at school.

Mental Health Service Updates

Attached to this email is the Mental Health and Wellbeing offer to schools during the Covid-19 social distancing period. The document contains referral signposting information for children and young people in Derby City and Derbyshire.

If you need urgent help you can call 0300 790 0596 between the hours of 9am and midnight, seven days a week visit: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line> where specialist mental health professionals will be there to help

Project Funding Update

Please remember that until we hear further, we are still working to the same timescales for funding, which means that all action plan funding will need to be claimed by 30 June, meaning that your plan will have been approved by this date. For help and support with this, please contact ingrid.sanfey@redwood.derby.sch.uk

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

Monday 18 May 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

RESOURCES

Attached to this newsletter are:

Derby and Derbyshire's NHS resources:

- 5 Ways to Wellbeing Bingo challenge.
- Bereavement services and information
- Mental Health and Wellbeing offer to schools

The 5 Ways to Wellbeing:

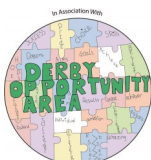
- Connect
- Keep Learning
- Be Active
- Take Notice
- Give

Look [here](#) for more information and resources.

Upcoming Dates:

3 June at 9am: DSLMH
Network via Zoom

30 June: Final date to access
funding



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