



Emotionally Healthy Schools

Support is available over the summer break

I hope that you will all be using the summer to have a complete break from school and take time to spend on yourselves.

We are still here over the summer if you need anything and so are many other organisations. If you need it, the following organisations are available to help:

- [Derbyshire Mental Health Support Line](#): If you need urgent help you can call 0300 790 0596 between the hours of 9am and midnight, seven days a week, where specialist mental health professionals will be there to help
- [NHS Mental Health and Wellbeing](#): includes mood self-assessment and audio guides
- [Emotionally Healthy Schools Staff Zone](#): for information including school policies, self care and CPD
- **Carnegie Centre have launched a free seminar series**, to support school leaders in supporting both pupils and staff's mental health and wellbeing as they return. To register for the Seminar Series please click [here](#). A series of Podcasts are also being launched from the end of August. Click [here](#) to register your interest.

I look forward to catching up with you all again in September.

Working Paper Series: Opportunity for schools to publish their achievements in an academic paper.

Professor Jonathan Glazzard, from Leeds Beckett University, has invited Derby City schools to develop a case study for an academic working paper series. This will be published on the website for the Carnegie Centre of Excellence for Mental Health in Schools as well as our own Emotionally Healthy Schools Website.

We want as many schools as possible to be part of this academic paper, so please watch out for the email that I have sent recently to all mental health leads.

Please get in touch if you need any further information or support.

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

Friday 24 July 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

NEW TIMELINE:
Emotionally Healthy Schools Programme now extended to end of December 2020

23rd October 2020

Schools to have booked their final coaching call

6th November 2020

Schools to have uploaded their work-book and evidence to shared drive such as googledocs, one drive etc

13th November 2020

Schools to have submitted final action plans for grant funding

16th to 27th November 2020

Series of live and recorded celebration are available online via emotionally-healthyschools.org

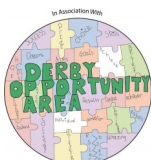
27th November 2020

Schools to have received their final coaching call

14th December 2021

Schools to have received their reports

Remember: For information, support and resources related to the impact of Covid-19, please see our [website](#).



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