



Spring Term, Jan 2020



Follow us on Twitter!
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The DSLMH training is now complete. Thank you to all 107 Derby schools who have participated and shared their practice. **Now don't forget to claim your funding!**

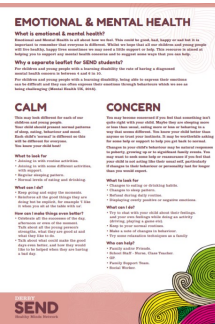
And congratulations to those school who have already completed and received an award from the Carnegie Centre of Excellence for Mental Health in Schools. I look forward to sharing some of these successes on the [website](#) over the next few weeks.

There has already been a rise in confidence for DSLMHs on day 2 of the training, with the biggest increases being in confidence in being able to meet the emotional needs of staff and also the needs of children.

In order to claim your grant funding, please send an invoice or internal recharge form to Redwood Primary School and send to Ingrid.sanfey@redwood.derby.sch.uk

If you haven't already submitted your survey data, please do so before the end of this month so that they can be analysed.

Derby SEND Health Minds Network leaflets for families



Don't forget to print off copies of the PDFs that are available on the website here and are designed to be used with parents and families of children with SEND who are experiencing difficulties with their emotional and mental health. For more information, contact Wendy at wconrad@standrews.derby.sch.uk



External Agency Support

Work is ongoing in identifying external agencies that are available for schools to access for themselves, their parents and their pupils. Some of these agencies will be available to approach at the next DSLMH Network Event. If you notice any that aren't yet on our website, please let us know. You can view the external agencies on our website [here](#).

Dates for the diary:

- 28-29 Jan:** Cohort 3 and 4 workshops
- 31 Jan:** Cohorts 1 and 2 receive outcomes for the Carnegie Award
- 4 Feb:** DSLMH Network event, 9am - 12pm at Pride Park
- 3 Apr:** Cohort 3 and 4 Action Plan deadline for grant 3
- 30 Apr:** DSLMH Network event, 9am—12pm at Pride Park
- 6 Jul:** Final Celebration Event, all day at Pride Park

If you're not already part of our forum, then please do sign up here:

emotionallyhealthyschools.org

You must be from a participating school in Derby in order to take part.

School in Focus:

St Martins School

DSLMH: Emma Banks, Student and Staff Well-Being Lead

The first thing that is apparent when visiting St Martins and speaking to the staff for the first time is the absolute passion they have for their young people's emotional and mental wellbeing. Throughout the visit it became clear that creating a supportive environment for their young people's emotional and mental wellbeing sits closely allied to providing a meaningful and quality education. Crucially, and as was emphasised to us by our tour guide, the schools DSLMH Emma Banks, the two sit in parallel with each other occupying equal states of importance in the culture of the school. After all, as Emma says, "young people can't learn when they're in a bad place emotionally."

Read the full article [here](#).

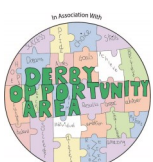
Other key items:

'Reframing Wellbeing' Conference — 6th March 2020 at Allestree Woodlands, by Dragonfly Impact (see information attached)

Call for help with Research Project — If you are interested in being part of a research project at the university of derby on use of mindfulness in schools, please see information attached.

For more information please contact Ingrid Sanfey on 07956 308857 or email ingrid.sanfey@redwood.derby.sch.uk.

For training information contact derbyschools@leedsbeckett.ac.uk



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Minds Ahead

