

## Health & Wellbeing Service and Active Schools + Service Briefing Paper

April 2022



### For sharing with pupils/parents/carers: Teen Connect:

Teen Connect offer free, confidential emotional support and mental health crisis support for teenagers in Leeds, WF3, WF10, BD4 and BD11 (aged 11 -18, up to their 19<sup>th</sup> birthday) and parents/carers of teenagers too. Teen Connect offers support over the phone, by text or online [www.teenconnect.org.uk](http://www.teenconnect.org.uk).

Support can be about anything: sadness, anger, fear, friendships, family, loss, abuse, grief, change, loneliness, pain, sleep, eating difficulties, self-harm, suicidal thoughts or feelings, being in crisis, feeling anxious or depressed, feeling unsafe, want to talk, any difficulties, frustrations, worries and more.

### For sharing with pupils/parents/carers: Safe Zone:

Safe Zone [www.safezoneleeds.org.uk](http://www.safezoneleeds.org.uk) offers **face-2-face in person support or phone support** call 07593 529 367. The service is open for referrals from:

- 5pm – 8.30pm every Monday (@ The Market Place)
- 5pm – 8.30pm every Thursday (@ Dial House)
- 5pm – 8.30pm every Sunday (@ LS-Ten Skate Park)

Free, confidential, non-judgemental, person-centred support for 11–17 year olds and their parents/carers. We can arrange free transport to and from location. The service also offers 45 minute long bite size **workshop for parents/carers** who are supporting a child with emotional distress. The next workshop is taking place on **15<sup>th</sup> May @ 8.30pm**. Parents/carers can email [safezone@slcs.org.uk](mailto:safezone@slcs.org.uk) to request a place on this. The topics covered will be:

- Identifying difficulties
- Coping Strategies
- Communication
- Self-regulation / modelling self-care
- Q&A slot
- Signpost services

**The service does not have a waiting list, and no upper or lower threshold for accessing support**

### Update: The Link Programme: Mental Health Services and Schools and Colleges

**Thank you to all the school staff who participated** in the [Link Programme](#) over the spring term. The programme was delivered by the Anna Freud Centre, funded by the Department for Education, bringing together local leaders in education and mental health services to identify the support required by children and young people in our area. The primary areas of focus from the three workshops were:

- **Increasing education representation across the Future in Mind Programme of work**
- **Development of the Virtual MindMate Community to bring practitioners together**

We would welcome school staff to support the two focus areas, if you are interested, please email [jayne.bathgate-roche@nhs.net](mailto:jayne.bathgate-roche@nhs.net) Pathway Integration Leader, NHS Leeds Clinical Commissioning Group

## **New: Active Schools + Service Case Study:**

We are delighted to be sharing a recent case study, Grimes Dyke Primary School have embraced the outdoors as:

- A context for academic learning
- A place for fun and collaboration
- A break from screen time and
- An opportunity to leave a legacy for generations to come

Leading a school in a global pandemic opened headteacher Louise Hill's eyes to what was important and what was really needed! Please read the case study to be inspired to make small changes that can have a massive impact on children and staff alike [School Wellbeing](#)

## **Updated: School Governors' Guidance: Supporting the health and wellbeing of pupils:**

The Health & Wellbeing Service have updated the primary and secondary focussed guidance documents for governors, with support from Leeds City Council Children and Families Services. The guidance documents aim to support school governors to monitor how the school is supporting the health and wellbeing of pupils. These can be accessed by school governors of schools which have either a Health and Wellbeing Service or Governor Support Service SLA (Service Level Agreement). The comprehensive documents provide curriculum and policy information, governor checklists and suggested questions to ask senior leaders, staff members, pupils and parents whilst carrying out your monitoring role in school. The intention for the document is for governors to be able to dip into the relevant section for your monitoring role, or when considering specific agenda items – no governor is expected to read the whole guidance!

The documents cover:

- PSHE (Personal Social Health Education) (including Relationships, Sex Education, Health Education, Drug Education, LGBT+, FGM (Female Genital Mutilation), The Prevent Duty and Internet Safety),
- Healthy Eating (including The School Food Standards, Free School Meals, Universal Free School Meals, and Cooking in the Curriculum),
- Physical Activity (including Physical Education, PE, and Sports Premium),
- Social Emotional and Mental Health (including policies and staff wellbeing)
- Pupil Voice and Influence (including the My Health, My School Survey)
- Early Help and Cluster and
- Leeds Activity Centres.

The Health & Wellbeing Service will be attending the next governor information session on 29 April to share more information about the guidance. For further information in the meantime, please email [schoolwellbeing@leeds.gov.uk](mailto:schoolwellbeing@leeds.gov.uk)

## **Updated: A to Z of mental health support for pupils:**

This handy guidance document ensures that all staff members in school know where children and young people can access support in the city. This comprehensive resource can be printed and displayed in communal staff areas and shared with all staff. [A-Z of Mental Health Services and Resources in Leeds | School Wellbeing](#)

## **Register now: Pol-Ed Education PSHE teaching resource (no cost to all Leeds schools/settings)**

Pol-Ed is a free teaching resource for all Early Years, Primary and Secondary, SEN (Special Educational Needs) and Post 16 schools and settings within West Yorkshire. Pol-Ed includes schemes of work, lessons and supporting teaching material specifically linked to the objectives within the PSHE curriculum. The resource has been commissioned by West Yorkshire Police for the use of teaching staff in schools. The resource has been developed by teachers for teachers. Please click this link for more information [Pol-Ed | School Wellbeing](#)

## **New: Herd Farm Activity Centre now offering off Road Cycling**

We are delighted to share the news that 12 of our activity team have undertaken mountain bike training and we can now offer off road cycling to schools and settings. The offer is varied to encourage those new to off road cycling and for those who would like to progress their skills and knowledge on fun cycling in the countryside. The offer includes:

**ADAPTED BIKES:** Starting on our 16-acre site we have a fleet of adapted bikes and a dedicated enclosed area for those with additional needs. This lets the group try a range of adapted bikes with varying styles of riding alongside their carers/teachers. To add to the fun and variability we can include some of our KMX and even two wheelers if ability permits.

**SKILLS TRACK:** Designed for Years 4 to 6 and, depending on the cycling ability of pupils, this session is a good introduction to developing skills to enable riders to progress into various route options and a chance to enjoy and understand riding our KMX bikes.

**ONSITE BIKE TRACK:** We are proud of our onsite perimeter bike track that takes riders around our site letting them see their full surroundings. The track is technical and demanding targeted towards the more confident and able riders from Year 6.

**OFF SITE CYCLING:** With excellent local public rides we can provide a bespoke experience within a 3 mile radius of Herd Farm. We have good access to 'flattish' bridleways that pass by the outdoor Emmerdale TV set into the Harewood Estate riding through open farmland, woods and technical challenge areas applied to suit the group's ability. Usual rides are 2 hours but these and all rides that can be adjusted to suit.

**The offers are available for years 4 and above, and all technical equipment is provided.** For more information check out the website and/or contact the centre directly [www.herdfarm@leeds.co.uk](mailto:www.herdfarm@leeds.co.uk) email; [herdfarm@leeds.gov.uk](mailto:herdfarm@leeds.gov.uk)



**Event: Climate Education in the Primary Curriculum - Head Teacher Conference, Leeds University, 25th May 2022, 08:30 – 12:00 BST.**

The government is currently looking to [add climate change to the National Curriculum](#) for primary schools by 2023. Whilst we might all appreciate the significance of climate change, it is a daunting prospect to try to get the right pitch, facts and approach appropriate for primary schools, especially at a time when there are so many competing priorities on time.

Moor Allerton Primary School is currently collaborating with the Leeds Development Education Centre (DEC) on a European Project to develop a full primary approach to teaching climate change. It is working with three other schools across Europe to develop a package to share with all schools. The package includes a set of 'The Big Ideas' and 'Climate Curriculum' written with the Department of Earth Sciences at the University of Leeds. The ultimate plan is to have a set of lessons which other schools can easily access and adapt to their own themes, alongside a guidance booklet for staff with accurate but clear scientific background to help teachers feel confident in their delivery. The Leeds DEC is also able to help with [training for staff](#) on the climate curriculum.

This half-day Climate Conference is for Head Teachers interested in finding more out about the project and how to embed Climate Education into the curriculum. The event supports implementation of Leeds City Council's Climate Action Route Map (CARM) and provides networking opportunities supporting peer to peer collaborative learning from school-based practitioners.

To register go to: <https://www.eventbrite.co.uk/e/climate-conference-for-slt-primary-schools-in-leeds-tickets-299108189647>