

Resource and Service
Directory

**WELLBEING FOR
EDUCATION
RETURN**

Putting wellbeing at the
heart of education



In partnership with
**THE EDUCATION
PEOPLE**

Glossary of Terms

Emotion coaching: Some children, young people and sometimes their parents, do not have a clear language for the feelings, including strong feelings of anger and rage, that they feel. This can make it more difficult for them to process feelings and learn strategies to help them with strong feelings. This not their fault. The good news is that for many children and for adults it can be helped, for children by coaching, often in a full classroom setting.

Normalisation: In brief, this means that under unusual, stressful conditions we can react with thoughts and behaviours that may be atypical for us under ordinary circumstances. These thoughts, feelings and behaviours may scare us because they are not typical to us but they are normal for the situation. This does not mean that we are unusual; many people get them. For everyone, they may be different in content, tone or quality. Neither are they an indicator that we should “get on with it and manage”. Neither does the term mean that the experience is trivial; it is not and can be very uncomfortable. Some will recover their equilibrium quite naturally with time. Others may need some support from within their school or college. Some may need some support from outside agencies.

Neuroscience: This is mainly about the science of how the brain functions. It also includes the rest of the nervous system through the body.

Psychoeducation (psychological education): This is the process of learning about a mental health condition and how to manage help yourself and get support from those around you. It can be very helpful for children, their parents/carers and adults in enabling them to be manage psychological stress or the mental health condition they may have.

Psychosocial recovery: This builds on the ideas of using one's own resources with support and with the support of the network of important people around you (family, school, activities, workplace for adults etc) to rediscover your strengths and use these as one element to help overcome psychological challenges, for example, those that may occur because of theCovid-19 pandemic and the associated stresses.

Resilience: Resilience is more than wellbeing - it can mean a feeling of being insulated from stress, a capacity to recover quickly, to bounce back, in the face of difficulties, coping well. This provides the person, child, adult, whole

community, with a sense that they are emotionally stronger when faced by other stresses. It contributes to improved wellbeing.

Social scaffolding: Is a new term used to describe how we support each other through our relationships. This applies to every one of us, all ages, children, education staff, parents/carers, everyone. In organisations like schools and colleges this means relationships horizontally from peer to peer, including staff and pupils, parents/carers and vertically, meaning up and down the organization (Maughan 2019).

Wellbeing: Wellbeing is, in broad terms, “feeling good and functioning well”. Contributors might include: Physical health and staying fit; Social belonging and inclusion; feeling that they function well emotionally; spiritual connection - that they have an integrated meaning to their life and intellect - that they are open to new ideas, experiences and challenges - that they are free of unduly stressful financial pressures.

Kent Resources Included in the Wellbeing for Education Return Training

Kent Resilience Hub - A hub of resources that help young people, parents and carers, and practitioners within schools and communities to understand and promote emotional wellbeing and resilience.

Kent Resilience Hub



The Education People - A training and resource service to support whole school wellbeing and positive mental health within education.



Kent Community Health **NHS Foundation Trust**

The School Public Health Service support children and young people's physical and emotional health needs, and includes the Children and Young People's Counselling Service. Single Point of Access (SPA) is via the online portal (<https://www.kentcht.nhs.uk/forms/school-health-service-referral-form/>) or on 0800 0113 474.



Kent Community Health

NHS Foundation Trust

The School Public Health Service can support your school deliver a whole school approach including a suite of resources that provide practical online tools around Relationship and Sex Education, Health Information, PSHE , Emotional Health, Wellbeing and Resilience



Chathealth Young People aged 11-19 can also access the School Public Health confidential texting and anonymous texting service about any concerns or health issues on 07520 618850.



Kent Sport - Overview of sport opportunities for children and young people

NHS - The new guidelines on Vitamin D: what you need to know.



England

NHS - Mental Health of Children and Young People 2017



Everyday Active Kent -

Being active in a way that is right for you can improve your physical health. This website contains an activity finder which sorts results via postcode.

The Be You Project provide reliable information, advice and support for LGBT+ young people



Porchlight  

we are withyou

The We are With You Project has developed a toolkit for anyone supporting a young person who is at risk of, or using substances. Contact can be made in the following ways: For young people: 01795 500881.

'Kent Together' Helps support local residents stay well, a multi-agency group has developed a localised hub of information with simple tips and advice. It also provides details of local and national services that could be helpful.





Cantium Mental Health
First Aid Training and
Mental Health Support
Services

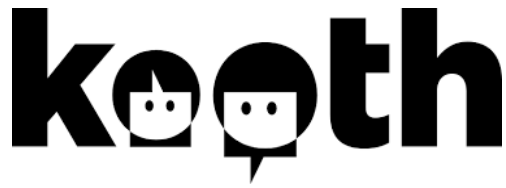
Talking Therapies (IAPT Services) provide mental health support services for adults experiencing difficult emotions, such as low mood, anxiety and stress



The Children and Young People's Mental Health Service (CYPMHS) provide specialist emotional wellbeing and mental



health advice and support for young people between the ages of 0-18 (or up to 25 in some instances) and their families across Kent.



Kooth provide online support and counselling for 10-16 year olds available

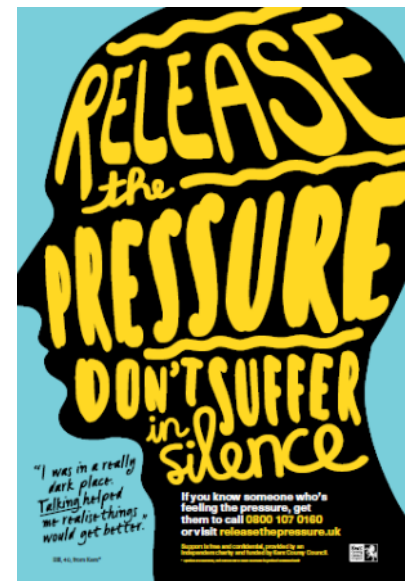
from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis.



IASK Health and Wellbeing pages (Information Advice and Support For Kent) provide free, impartial and confidential information, advice and

support about special educational needs and disabilities (SEND) for children, young people up to age 25, parents and carers.

Release the Pressure A highly trained and experienced team available 24/7 to provide expert support no matter what you are going through. Don't suffer in silence: text the word Kent to 85258 or phone 0800 107 0160 for free confidential support at any time.





The National Child Traumatic Stress Network (NCTSN).

Addressing Race and Trauma in the Classroom: A Resource for Educators. Los Angeles, CA, and Durham 2017

Whole SEND Gateway Events Page - Details of the latest training and events provided by SEND Gateway organisations.



National Resources included in WER recommended by The Anna Freud Centre and MindEd



AFNCCF (Anna Freud National Centre for Children and Families)



Charlie Waller Memorial Trust - Our vision is of a world where people understand and talk openly about mental health

DFE (Department for Education) - Responsible for children's services and education, including early years, schools, higher and further education policy, apprenticeships and wider skills in England.



Emerging Minds Podcasts - Hosting a series of interactive webinars around how best to support children and young people in the current situation.



Department
for Education

DFE - Behaviour
attendance checklist



- [Behaviour and Discipline resources and signposting, mental health and behaviour guidance](#)
- [Guidance for full opening – wellbeing and support: Schools](#)
- [Further Education](#)

Every Mind Matters -

Expert advice and practical tips to help you look after your mental health and wellbeing.





**MENTALLY
HEALTHY
SCHOOLS**

Mentally Healthy Schools - Quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.

Place 2 Be - A children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.



**Public Health
England**

PHE (Public Health England) - Exists to protect and improve the nation's health and wellbeing, and reduce health inequalities.



Relationships and sex education (RSE) and health education guidelines

Young Minds Charity -
Advice page for those suffering with self-isolation, COVID-19 and mental health.



GOV.UK - Psychological first aid in emergencies training for frontline staff and volunteers.

Flemming, C. Positive Behaviour Management and Support: Roots and Fruits. Priory Education and Children's Services 2018





AEP- Association of Educational Psychologists
Recovery, Re-introduction and Renewal Handbook and supporting resources.

Teaching about mental health and wellbeing - RSHE training videos and snippets



Public Health England

Public Health England
- Better Health, Every Mind Matters, Rise above lesson plans.



MindEd for Families

Recommended sessions:

- Anxiety Disorders
- Depression
- Mindfulness
- Obsessive compulsive disorder (more advanced material)
- Poor Concentration and Overactivity 1
- Poor Concentration and Overactivity 2
- Sad, Bored or Isolated
- The Aggressive Difficult Child
- The Worried Child
- Tics and Twitches



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