



## Mental Health & Wellbeing

### Spring Term 1 2024 Bulletin

Happy New Year! Christmas already feels like a distant memory and half term is around the corner. We are working with a number of primary schools this term, delivering workshops to years 1 to 6 on understanding our mental health, managing big feelings and respecting body boundaries. We are also looking forward to hosting a parent webinar on 1st February for primary schools with the [Centre for Emotional Health](#) (formerly known as Family Links), 'Supporting ourselves and our children in managing difficult feelings'. If you would like to share this free event with your parent community, please get in touch and I will send you the booking form.

As usual, this bulletin contains some new resources and news stories that you may find useful. Though not a new resource, I was reminded of the primary and secondary school resource packs by CAMHS (see 'resources'), which have lots of practical ideas for working with children and teenagers, as well as Ditch the Label's [lesson ideas](#) on TES, which I have found very helpful when teaching digital literacy, bullying and gender stereotypes. As we gear up for exam season, our colleague, Lucinda Powell, has shared some excellent tips for [revision strategies](#) with OCR.

Please get in touch if you have any questions or requests for resources, or are interested in any of our partnership provisions.

Best wishes,

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### Partnerships 2023-2024

Check out our provisions (assemblies, workshops, CPD, parent events):

Secondary schools [here](#)

OX14 Learning Partnership schools [here](#)

Primary schools [here](#)

### Training

#### Mental Health First Aid England courses

We are now taking bookings for our courses in 2024, so please get in touch ASAP if you are interested in attending the Youth 2 day course or the Adult 1 day course. Courses are held at Abingdon School.

**Youth 2 day MHFA training:** 22-23 May 2024  
4-5 July 2024

**Adult 1 day MHFA training:** 26 June 2024

## **CEOP - Preventing and responding to online sexual abuse**

We offer CPD training for staff (primary and secondary) and webinars for parents/carers, focusing on the prevention of online child sexual abuse. [Here](#) is a full list of training options. Courses can be delivered either in person or online and there is flexibility regarding time (depending on how interactive you want the course to be). CPD certificates will be generated for staff upon completion.

## **Mental Health & Wellbeing**

### **Webinar recordings & podcasts:**

[Free webinar: suicide prevention in the context of digital use and behaviours](#) - the National College

[Free webinar: A brief guide to supporting attendance for pupils with mental health issues](#) - the National College  
[Free webinar: suicide prevention in the context of digital use and behaviours](#) - the National College

[Supporting Bereavement in Education](#) - free webinar by Connex Education Academy

### **Resources:**

[Self care ideas for young people](#) - bank of ideas by the Anna Freud Centre

[Resources by Kooth](#) - including navigating low mood, loneliness and conflict with your sibling

[Successful revision strategies](#) - Lucinda Powell, OCR

[Targeted mental health support](#) - guidance and tool by the Anna Freud Centre for schools in offering targeted support to students.

CAMHS Resource packs - for [primary schools](#)/ for [secondary schools](#)

[Wellbeing toolkit for primary schools](#) - Coram Education

[Restorative conversations: teaching children to manage conflict](#) - Aardman animation

### **Safeguarding & Online safety:**

[Digital playgrounds: Children's views on video gaming - report by the Children's Commissioner](#)

[London Grid for Learning](#) - safeguardED bank of resources for schools

[NSPCC Game Safe Festival](#) - online events for 5-11 February

[New parental controls for Snapchat](#) - see news story

[Advice for parents/carers on Safer Internet Day](#) - UK Safer Internet Centre

[Under 10s groomed online 'like never before' as hotline discovers record amount of child sexual abuse](#) - Internet Watch Foundation

## Safeguarding bulletins:

[Incel culture](#) [Harmful But Legal Content](#) [Sharing Nudes](#) [Parent friendly bulletin on sharing nudes](#)  
[Andrew Tate](#) [Eating Disorders](#) [Vaping](#)

## Relationships & Sex Education / PSHCE / Diversity and Inclusion

[RSE Resources List for SEND](#) - Sex Education Forum (please contact me for how to access this)

[Preventing sexism and sexual harassment](#) - a whole school approach by the NEU

[Ditch the Label](#) - teaching resources on a range of topics - digital literacy, unconscious bias, gender stereotyping and bullying

[Addressing Inclusion - effectively challenging racism in schools](#)

[#Bestrong](#) - anti bullying video by In Real Life

## In the news...

[‘Transphobic bullying is rife’: a 15-year-old trans boy’s view of coming out at school](#)

[Children now ‘biggest perpetrators of sexual abuse against children’](#)

[Don’t delay talking to girls about keeping safe online](#)

[UK risks being ‘burnt-out nation’ due to poor mental health, charity says](#)

[England's sexual health services 'at breaking point'](#)

[Energy drinks linked to depression and risky behaviours among children, new study shows](#)

[Snapchat now lets parents restrict their teens from using the app's 'My AI' chatbot](#)

[Content about suicide, self-harm and eating disorders to be hidden from kids on Instagram and Facebook](#)

[Highest number of students sharing disability and mental health conditions secure place at university](#)

[We Drastically Underestimate the Importance of Brain Breaks](#)

[Teachers in England left to support at-risk children after social services cuts](#)