

Whole schools approach: resilience and emotional wellbeing



School
Health
Service



Resilience and emotional wellbeing

Everyone who works with young people and their families has an opportunity to influence emotional wellbeing. To do this, we need to understand resilience and how to protect and promote it in young people.

This will benefit children, young people, families, communities and your school.

From September 2019, OFSTED inspections are looking at how schools make sure students enjoy learning, how to stay healthy and about emotional and mental health as well as positive relationships. There is a focus on how students make informed choices about healthy eating, fitness and their emotional and mental wellbeing.

Kent School Public Health Service can offer you:

- a free, evidence-based resilience toolkit
- access to training to understand the whole school approach
- access to training in resilience conversations
- access to resources for the classroom/setting and for use with individuals via Kent Resilience Hub

- free peer mentoring toolkit
- access to resources that will help you implement your resilience and wellbeing plan
- support from your local School Public Health Team to complete the toolkit
- recognition of your work through the Kent Award for Resilience and Emotional Wellbeing
- support to navigate local services and further support.

The resilience toolkit is available free to all Kent schools. It is intended to support a continuing cycle of self-appraisal, which schools can use to assess, plan and review their whole school approach.

To access the toolkit and support, please register at:

www.kentresiliencehub.org.uk

The toolkit has been successfully implemented in HeadStart Schools and evaluated by Greenwich University.



“The toolkit is a fantastic resource for the whole school to be involved in. The chapters enable the school to focus on a specific area and then highlight what needs to be done to improve that area. You can plan who is responsible for it, how it will be achieved and the timescale.

The action plan can then be rolled out to all staff and you can get your student council to look at it and get its input as well. It certainly helped our school have a whole school approach rather than just a small group of staff and/or pupils looking at it.

As a result of the toolkit, the whole school has had an input into making the school both staff and pupils more resilient. A real asset for any school if it wants to implement a whole school approach.”

**Mrs O Kelham,
Senior Assistant Headteacher**

Kent Resilience Hub has been designed to help you understand resilience, assess where you are as a school, organisation or group and proactively take steps to make your setting an environment that can positively influence your pupils’ emotional growth and longer term wellbeing.

The hub has been created in consultation with young people, parents and school staff. It hosts quality assured information and advice for you in one place so you don’t have to find your way around the internet. We want you to be able to easily find the information and support you are looking for and know that it has been checked, is helpful and safe.

www.kentresiliencehub.org.uk

For young people:

www.moodspark.org.uk

Schools which have successfully implemented an action plan that covers the criteria set in the Kent School Award for Resilience and Emotional Wellbeing can apply to receive the Quality Mark.



Contact us

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