

Headteachers' Update

The Daily 5 O'Clock Update For Schools

Monday: Schools & Settings Open

Yesterday, Monday 27th April, saw 348 schools, AP settings and pre-school provisions open with a total of 1615 children in attendance. This included 1147 children from key worker families, 351 children considered to be vulnerable and 117 with an EHCP. The positive and creative ways in which the vast majority of our schools and settings have embraced this hugely challenging request from the government has been astonishing and, as ever, I am truly grateful.

Northumberland Education Website

A reminder that all the resources, notices and documents that have appeared on the 5 O'Clock Update are available on the dedicated Northumberland Education website at: <http://northumberlandeducation.co.uk/>.

Ecourier

This is to remind you that the ecourier is still being updated with non-COVID related items. You can access the ecourier [here](#).

DfE Updates

There were very few DfE Updates issued overnight, you will be pleased to hear, but I did spot these two which may be of some interest to secondary schools:

Recruit teachers from Spain to teach modern foreign languages

Get help recruiting qualified teachers from Spain to teach modern foreign languages using Spain's Visiting Teachers Programme (SVTP). <https://www.gov.uk/guidance/spains-visiting-teacher-s-programme>

Recruit a qualified international teacher

State funded secondary schools and academies in England can get help from the International Teacher Recruitment Programme to recruit international teachers.

<https://www.gov.uk/guidance/recruit-a-qualified-maths-or-physics-teacher-from-abroad>

NENC Suicide Prevention Network Website Launch www.stopsuicidenenc.org

The North East and North Cumbria Suicide Prevention Network is working to ensure everything possible is done to get support and information to help people stay safe and well, and to manage their mental health and wellbeing. This is especially important during this incredibly difficult and stressful time.

The need to focus on the general mental health and wellbeing of the wider population, following the national Public Health England 'Every *Mind* Matters' programme, is already recognised as a public health priority. The aim of the <https://www.nspa.org.uk/members/north-east-and-north-cumbria-suicide-prevention-network/> – 'Every *Life* Matters' - is to do everything possible to stop us losing any life to suicide and complements the wider public health approach.

The Suicide Prevention Network is focused on people in our communities who are more at risk and already struggling, and for whom the current situation poses a potential increased risk. People who are vulnerable and finding social isolation even more difficult may feel that there is less support available, so the Network brings organisations together working to make sure people are aware of it and can easily access the support they need to stay mentally safe and well.

Making good information easily accessible to people is a key objective of the Network and is especially important during this current crisis.

As part of its range of approaches, today sees the launch of the new <http://www.stopsuicidenenc.org/> covering the whole North East and North Cumbria area. The website will provide a new community resource for people seeking help and advice about suicide and mental wellbeing, guidance for those who have sadly been bereaved by suicide.

It will also provide signposting to a library of professional resources for those working in suicide prevention. The website content will be expanded by Network members over the coming weeks.

Please share this information widely and add the link www.stopsuicidenenc.org to other relevant websites, where you feel appropriate.

The Start of Forward Planning for Children and Young People Returning to School - Emotional Wellbeing and Resilience

FRIENDS Resilience Programme is an Immediate Online Training Opportunity for School Staff in Northumberland Schools: Facilitator Training for Teachers and Teaching Assistants

The FRIENDS Resilience programmes include cognitive behaviour therapy (CBT) based programmes endorsed by the World Health Organisation. The training has been brought to Northumberland as part of the Mental Health Support Teams Trailblazer project currently operating in Blyth and Hexham as an evidenced based intervention suitable for developing whole school resilience.

Six trainers, (primary mental health workers, educational psychologists and specialist teachers) are licensed to train facilitators in Northumberland and we are now also able to offer online facilitator training across the county. During lock down, school staff will be more able to access online training and the programme will be beneficial to children and young people on their return to school.

Teachers may train as facilitators to deliver the sessions to whole classes or teaching assistants can be identified (preferably those who are ELSA trained) to deliver to identified groups of pupils across the school. Ideally the approach will be taken on by the whole school.

To deliver the programme fully there will be a small cost to the school to purchase a package of facilitator materials and participant workbooks which schools can do directly through the website.

There are four facilitator courses, available free of charge during lockdown, to staff in Northumberland Schools. The courses have previously been available as part of the Mental Health Support Teams in Schools project in trailblazer areas, via face to face training:

- Fun Friends (ages 4-7)
- Friends for Life (ages 8-11)
- My Friends Youth (ages 12-15)
- Adult Resilience (ages 16-18+)

For further information, and to sign up, please see <http://northumberlandeducation.co.uk/coronavirus/>

Resources from Public Health England

We have added a number of resources from Public Health England to the padlets on the Education Northumberland website:

- COVID-19: Guidance on supporting children and young people's mental health and wellbeing – PHE
- Children's Guide to Coronavirus – The Children's Commissioner for England
- COVID-19 – Protecting Children & Young People's Mental Health – CYP Mental Health Coalition
- Helping Children Cope with Stress during 2019 n-Cov Outbreak – WHO
- Talking to your child about coronavirus – Young Minds
- Understanding Coronavirus – Under 25's – The Mix

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- Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption – Anna Freud. There are also three videos, one for school staff, one for parents and one for children and young people
 - Coronavirus Teaching Resources – The British Red Cross
 - Coping during the pandemic (Children 7-12) – Online Course - The Recovery College Online

New free online learning platform to boost workplace skills

The government has today announced the launch of a new online platform, '[The Skills Toolkit](#)' will help people to build their skills during the coronavirus outbreak and beyond. Details at:

<https://www.gov.uk/government/news/new-free-online-learning-platform-to-boost-workplace-skills>