

Head Teacher Reference Group Meeting Notes

4pm-5.30pm, 21st September 2023

Virtual via Google Meet

Agenda

Item 1 Paper - ToR	Welcome <ul style="list-style-type: none"> • Aim and Purpose • Terms of Reference • Meeting Focus: children and young people's mental health 	Chair – Kathryn Loftus	16:00 – 16:15
Item 2	Living Well Schools: Mental Wellbeing Offer	Sasha Bhat/ Sarah Exall	16:15 – 16:45
Item 3	Age of Wonder and Data Dashboard for Schools	Katy Shire/ John Pickavance	16:45- 17.05
Item 4	Mental Health Collaboratory	Dan Lewer/ Olivia Taylor	17:05 – 17:20
Item 5	Future meeting focus	Kathryn Loftus	17:20 - 17:30

Papers

Terms of Reference

Item 1:

Kathryn Loftus introduced the focus of this meeting- mental health. There are members of both the academic community and education practitioners represented here today. This is to develop a dialogue between - both for the academic community to understand the realities of schools, and for headteachers to be updated on research.

Meetings are proposed to be half termly.

Kathryn opened up the discussion asking education practitioners on the issues they are dealing with.

Summary of discussion:

- Comments that early years children experiencing self regulation as the main problem and is widespread.
- Primary School perspective- lots of children showing anxiety but possibly transferred from parents as they insist labelling them. This could be drawing support away from those genuinely in need.
- Low mood (particularly more prevalent in girls) and poor attendance an issue across secondary schools. Possible link between pupils struggling academically in year 11 and those experiencing poor mental health

Item 2:

Sarah Exall (Public Health Consultant) updated the group on how they are delivering the Living Well schools offer, which they are looking to expand. The focus is on how best to support children and parents and help them better to navigate these issues.

Rosalind Bradshaw (Lead on Living Well schools programme) updated the group on the 'myHappymind programme'. There is a discounted NHS price if signed up before the 31st October. (more details in action below) The programme is focused on building resilience, dealing with emotions and self regulation.

Sacha Batt (lead on Healthy Minds programme) updated the group on her programme. Health Minds is an expansive all ages mental health programme, in which children's mental health is a large part. In school programme includes working with educational psychologists, as well as on assessments. The focus of the programme is making a coherent offer to schools, and ensuring it is all ages. The ambition for the programme is to work towards these issues in a more collective way, as many different organisations are spending money in this area.

SE clarified that Living Well Schools programme is a resource which brings together the system wide wellbeing offer, Healthy Minds provides the mental wellbeing contribution. The ambition is to expand upon the current offer to give a universal offer for the entire Bradford District. As part of this, the programme wants to communicate clearly to service users the resource that are being provided, and get feedback from schools,

SB gave more information on the Healthy Minds programme. The programme uses the Thrive Model which is about creating an environment in schools which prevents poor mental health and models what good mental health looks like. However, it also recognises that some children will need support, and ensures that this is available for when children need

urgent support. The programme also created Mental Health Support Teams to integrate the new support available in schools. Each team covers 8.5-9.5 thousand students. There are currently 6 teams in action, with 2 rolled out next year. This isn't enough coverage, and the aim is for it to be rolled out further but the scope is limited by resources. In this area Bradford has been innovative in terms of building workforce, e.g. using teachers as practitioners. SB made members aware of the directory of resources which is available on Bradford Schools Online website for those schools where teams don't operate.

<https://bso.bradford.gov.uk/content/mental-health/healthy-minds/services-directory-for-schools/3622>

SE gave an overview of next steps for the Healthy Minds programme:

- Consult with schools, please email to share feedback.
- Consult and co-create resources with children and young people.
- Expand the content, e.g. expanded description of mental health needs and presentations, dates for the diary, poster templates, connecting up resources.
- Modify the content for parents and carers.

There was a discussion around how this work linked to the work being done by EALC as one of the best things we could do for mental health for children is to improve the education workforce in Bradford, as consistency of key adults is really important for children's mental wellbeing. The capacity of educational psychologists in the district was identified as a particular problem. More generally, working to alleviate the disadvantage children experience throughout Bradford would benefit children's mental health.

Action: For those Bradford District and Craven schools that are not able to be funded by the NHS Core20plus5 health inequalities programme, the team at myHappymind will honour the NHS discounted rate for any schools that sign up before 31st October 2023. Therefore, we invite you to make contact with them individually, to make the most of this opportunity, using the below link: <https://calendly.com/natalie-mhm/nh>

Action: Link SE and SB with other reference boards in Bradford for more access to feedback.

Item 3:

Katy Shire gave an overview of the Age of Wonder programme. It is a data collection and analysis programme, with the questions asked of young people co produced by young people. The programme is a really exciting opportunity to feed data back to schools.

John Pickavance gave more detail on the programme. Age of Wonder has been asking children across secondary schools in Bradford about their mental health. There is now a full year of data, which should give us an accurate picture of what's going on in schools. Headteachers have access to a data dashboard, where they can look at different measures, all compared to the average across the Bradford district. The system has been produced in consultation with schools, to make it as easy as possible to use. The data system is interactive. which means that it is easy to modify what data you are viewing. It is not currently available for schools, it is in the final stages and should be released in the next few weeks. There will be a seminar to skills school leaders on how to use the platform.

There was a discussion around the availability of a version for primary schools. JP confirmed that there were no plan at the moment, but that this is a first of its kind project and that its successes will shape what the team will do in the future. Members agreed that the Age of Wonder programme was exciting and would provide very useful resources for schools.

Action: JP to connect with SE and RB about the use of this dashboard.

Item 4:

Olivia Taylor gave an overview of the Adolescent Mental Health Collaboratory for members. Its aim is to prevent mental health problems in Bradford, focussing on novel solutions and improving on practice which already works. The team have mapped out the interventions that have already been implemented, and have consulted with parents and stakeholders over their efficacy. There is a focus on co production in this project, for young children to have input so we can deliver what they want. Age of Wonder will be used to evaluate this programme. The new scheme will be rolled out in September of next year.

Amanda Seims explained the project she is working on, Play in Urban Spaces for Health. This project recognises that children's opportunities for playing are limited in urban areas, especially as parks are hard to maintain. This intervention explores the use of public spaces in urban areas, e.g. concrete squares, sandpits in housing projects etc. This is a move away from a traditional playground. A key part of the intervention will involve schools taking children to those areas in school time.

There was a discussion in which members gave their experience of the use of public spaces for play in the communities they serve. A common problem was public space being vandalised or used by other groups (often older youths.) AS reached out to members who had shared to connect for a more extensive discussion at a later date. KL noted that this project was a great example of research projects being created to benefit the children of Bradford.

Action: OT would like schools to be involved in age of wonder as this is what we will be using to evaluate.

Action: AS and HL to connect to discuss their experiences.

Action: GB and AS to meet to discuss their experiences.

Item 5:

KL reached out to members for input on the focus of the next HT reference group meeting. The topic can be drawn from research themes, or issues that schools are dealing with. Members agreed that connecting health services with education settings would be a good topic as health continues to be an issue in schools, and improvements in this area is the transformational change which this group should be aiming towards. KL noted that a lot of these concerns over health are echoed by other schools.

Action: The next meeting will be on linking health and education provision together.

	Action	Who?
1	For those Bradford District and Craven schools that are not able to be funded by the NHS Core20plus5 health inequalities programme, the team at myHappyMind will honour the NHS discounted rate for any schools that sign up	Everyone

	before 31st October 2023. Therefore, we invite you to make contact with them individually, to make the most of this opportunity, using the below link: https://calendly.com/natalie-mhm/nh	
2	Link SE and SB with other reference boards in Bradford for more access to feedback.	SE and SB
3	JP to connect with SE and SB about the use of this dashboard.	KL, JP, SE, SB
4	OT would like schools to be involved in age of wonder as this is what we will be using to evaluate.	OT, JP, KL
5	AS and HL to connect to discuss their experiences.	AS, HL
6	GB and Amanda Seims to meet to discuss their experiences.	AS, GB
7	KL to coordinate next meeting on linking health and education provision together	KL