



Newsletter



Middlewich High School



time to change

let's end mental health discrimination

1 in 10 young people will experience a mental health problem. That's three students in the average classroom, so mental health problems are likely to affect your child, whether they experience it or their friends do.

It's easy to think there's no right place to talk about mental health. But the more we talk about it, the better life is for all of us.

Too many people with mental health problems are made to feel isolated, worthless and ashamed. Time to Talk Day is a chance for all of us to be more open about mental health – to talk, to listen, to change lives.

Wherever you are – at home, at work or up the top of a mountain! – have your conversation about mental health this Time to Talk Day.

Time to Talk Day 2018 will take place on Thursday 1st February. Download your Time to Talk Day resources at <https://www.time-to-change.org.uk/get-involved/time-talk-day-2018> and find out more ways to get involved!

IN THIS ISSUE

- Time to talk
- Staff Wellbeing
- Support for Schools
- The Green Paper
- CWMT
- Safer Internet Day
- Save the class of 2018



Wherever you are, talk about mental health on 1 February.



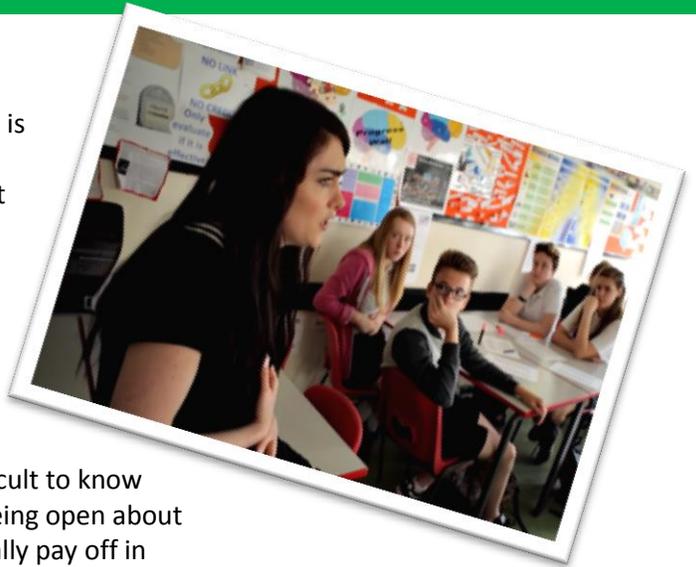

time to change
time to talk
day 2018

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Top Tips:

- Find ways to talk about mental health that work for you. If you have a friend or family member who has a mental health problem, talking about them might be a good way of starting a dialogue, or you could discuss celebrities who are talking about their mental health in the media.
- It can be easier to talk side-by-side, rather than face-to-face. Talking when shopping, cooking or driving can take the pressure off – you don't have to have a formal sit-down.
- Talking about mental health problems, even relatively sensitive subjects like self-harm and suicide won't make them any more likely to experience it. Actually being open about it might mean they feel comfortable asking for help sooner.

Talking openly about mental health with a child or young person is really important. If they're aware of what mental health problems are, it will help them to understand their own wellbeing and what's going on with their family and friends. It can be difficult to know where to start, but being open about mental health will really pay off in the future!



BE IN YOUR COLLEAGUE'S CORNER

1 in 4 of us will experience mental health problems this year.
If a team mate is acting differently, step in.



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Staff Wellbeing

(Ref: Thriving at Work; the Stevenson/Farmer review of mental health and employers; Oct 17)

This independent review of current practice by employers across all areas of work has resulted in a set of core recommendations, which it is hoped will now be taken forward by employers.



Only **11%** of employees discussed a recent mental health problem with their line manager, and half of employees say they would not discuss mental health with their line manager²⁵.



CORE RECOMMENDATIONS:

1. Produce, implement and communicate a mental health at work plan
2. Develop mental health awareness among employees
3. Encourage open conversations about mental health and the support available when employees are struggling
4. Provide employees with good working conditions
5. Promote effective people management
6. Routinely monitor employee mental health and wellbeing

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/658145/thriving-at-work-stevenson-farmer-review.pdf



Granola Bars

- 150g spreadable butter
- 100g dark brown sugar
- 100g runny honey
- 150g Scottish porridge oats
- 400g Sugar free Swiss style muesli

Method

1. Preheat the oven to 190°C, fan 170°C, gas 5.
2. In a small saucepan, melt the butter along with the sugar and honey, until the sugar has dissolved completely.
3. Add the oats and the muesli and stir to combine. Spread the mixture into a 30cm x 20cm tin, and bake in the oven for 20-25 minutes.
4. Once cooked, transfer to a wire rack to cool, then cut into bars.



Makes 12 bars

7 Tips for Work Life Balance

- Prepare a Schedule
- Set Alarms
- Make Plans and Stick to Them
- Keep to your values and beliefs
- Respect Boundaries
- Pace Yourself
- Learn to Say NO
- Understand What Really Matters

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LOOK AFTER YOURSELF!

75% of education staff reported suffering from stress in the last 2 years

(Education & Support Partnership Survey)



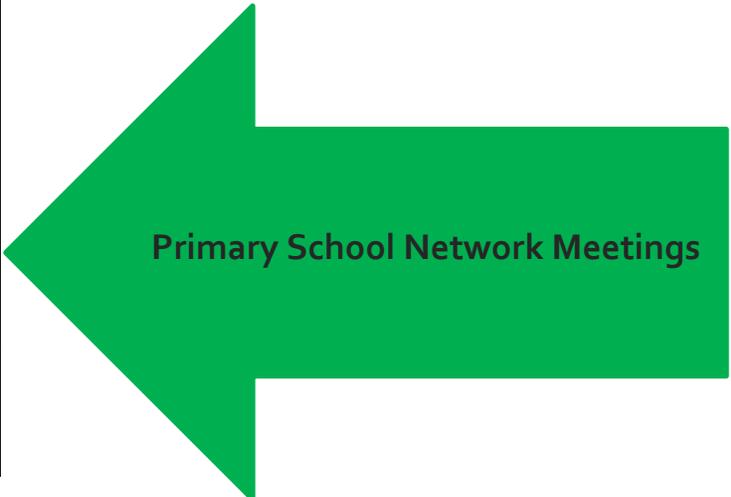
EHS Support for Schools



This term there are more opportunities for training and support from the EHS LINKS team and Tools for Schools. Details of all training events can be found at:

<http://www.middlewichhigh.cheshire.sch.uk/page/?title=Emotionally+Healthy+Schools&pid=230> and can be booked via Eventbrite.

Area	Crewe & Nantwich	Central	North	Macclesfield
Venue & meeting time	Leighton Primary 2pm	Cledford Primary 2pm	Wlimslow Grange 1.30pm	Parkroyal School 2pm
Dates	26/01/18	07/02/18	13/02/18	07/02/18
	02/03/18	28/03/18	20/03/18	29/03/18
	11/05/18	16/05/18	22/05/18	17/05/18
	09/07/18	27/06/18	17/07/18	28/06/18



Things to look out for and action.....

Green Paper Consultation:

Deadline March 2nd 2018



The Charlie Waller Memorial Trust

Depression – let's get talking

The government is asking people for their views on a green paper setting out measures to improve mental health support for children and young people. The green paper focuses on earlier intervention and prevention, especially in and linked to schools and colleges. The proposals include:

- creating a new mental health workforce of community-based mental health support teams
- every school and college will be encouraged to appoint a designated lead for mental health
- a new 4-week waiting time for NHS children and young people's mental health services to be piloted in some areas

More information can be found at:

<http://www.middlewichhigh.cheshire.sch.uk/page/?title=Mental+health+green+paper+%3A+consultation&pid=248>

The Charlie Waller Memorial Trust website has lots of useful information.

<https://www.cwmt.org.uk/>

MODEL POLICY

We have been working with the SCIES team to make sure that the Charlie Waller model policy for mental health and wellbeing is in line with other Cheshire East policies. Once completed we will ensure it is shared with all schools and colleges.

Safer Internet Day

Tuesday 6th Feb 2018

Coordinated in the UK by the UK Safer Internet Centre, Safer Internet Day sees thousands of people across the UK get involved to help promote the safe, responsible and positive use of digital technology for children and young people. The UK Safer Internet Centre is a partnership of three leading organisations: Childnet International, the Internet Watch Foundation and the South West Grid for Learning, with one mission - to promote the safe and responsible use of technology for young people.



Safer Internet Day 2018 will be celebrated globally on **Tuesday 6th February 2018** with the slogan "Create, Connect and Share Respect: A better internet starts with you".

More information can be found at:

<http://www.saferinternetday.org.uk/>



Save the Class of 2018

World Suicide Prevention Day: 10th September 2018

Help us Save The #ClassOf2018

To mark World Suicide Prevention Day Papyrus are launching a year-long campaign to **Save The #ClassOf2018**.

PAPYRUS has developed a guide to suicide prevention, intervention and postvention in schools and colleges, aimed specifically at teachers as well as school or college staff. It aims to equip teachers with the skills and knowledge necessary to support children and young people who may be having suicidal thoughts.

Download your guide at: <https://www.papyrus-uk.org/about/our-campaigns/save-the-class-of-2018#preventionguide>



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Help!

Please send the name and contact details for your emotional/mental health lead to:

EHS@middlewichhigh.cheshire.sch.uk