

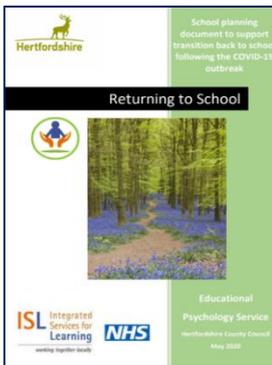
Dear colleague,
Please find below the latest updates – we hope the initial return to school has gone smoothly for you all.

Post Lockdown Survey

Thank you to the 30 schools who replied to the NESSie Post Lockdown Survey. Almost 300 primary aged children were identified as being likely to have difficulties returning to school. There were a number of common themes which emerged – general anxiety, separation anxiety, transition, social reintegration, conforming to new rules and expectations, including social distancing, bereavement and attachment. As we clearly cannot support every child individually, anonymised information has been shared with the EP service, the ISL specialist advisory teachers, both the Harpenden Plus and St Albans Plus local partnerships, Links outreach and the Mental Health Support Teams (EMHPs), so that all services who support schools in the DSPL7 area have an understanding of local need and can respond accordingly. See below for the support that is currently available.

1. Planned Responses to identified needs

Education Psychology Service Update



The EP service carried out a Hertfordshire wide audit of need and had 234 responses from settings and 2000 responses from parents. Their response to this was sent out this week, in a thorough document entitled 'Returning to School'. It is designed for school leaders and SENCOs to support the emotional wellbeing of staff and students in returning to school following Covid-19 lockdown arrangements.

Guidance on supporting separation anxiety, trauma and attachment issues, transition and bereavement is included.

Please contact DSPL7 if you did not receive this and we will email it.

Social Stories



To support the social reintegration back into schools, the Psychology Assistants are offering virtual training on Social Stories which can support pupils when learning about the changes to school life and the new routines and expectations.

The training will be pre-recorded and sent to SENCOs to be shared with individual school staff members and watched in your own time. Following the training, each staff member will be asked to send an evaluation form and a practice Social Story to the Psychology Assistants, along with any questions they may have. The Psychology Assistants can then provide personal feedback to each staff member.

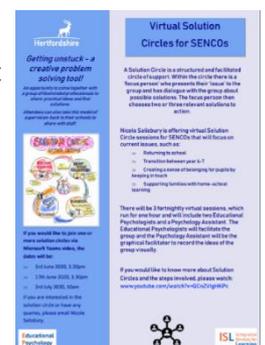
Please see the flyer for more information and let the EP team know your interest by emailing ella.cummins@hertfordshire.gov.uk.

Solution Circles

Nicole Salisbury is offering virtual Solution Circle sessions for SENCOs that will focus on current issues, such as:

- ⇒ Returning to school
- ⇒ Transition between year 6-7
- ⇒ Creating a sense of belonging for pupils by keeping in touch
- ⇒ Supporting families with home-school learning

Please see the attached flyer for more information.



NESSie Update



NESSie continue to support children while they are at home through online sessions and telephone support. The Parent Forum arranged for May 14th went ahead via Zoom, with 76 parents joining the session which focussed on anxiety and resilience.

A number of virtual training sessions have been planned to support the identified areas of need.

18 th June	3.30-4.30pm	Bereavement and Loss (School staff)
25 th June	3.30-4.30pm	Staff forum to discuss more specific needs of any children in the survey
9 th July	3.30-4.30pm	Supporting children with anxiety (School staff)
TBA	6 week course	Supporting children with separation anxiety (Parents)

NESSie Helpline for SENCos – please email Natasha Crook ncrook.nessie@kjar.org.uk if you need advice or support for a child. Natasha will then schedule a phonecall at a convenient time.

Domestic Abuse – any children identified in the survey as having witnessed domestic abuse during lockdown will be supported by NESSie as needed upon return to school.

Education Mental Health Practitioners (EMHP) update

Mental Health Support Teams will begin to make contact with their Trailblazer schools in St Albans to discuss ways of re-commencing the service. MHSTs will work with individual schools to develop an offer suited to their current needs, though any interventions will be delivered remotely via online tools/telephone support for the time being.

Common themes have emerged around provision of staff well-being support, and advising how to support the children/young people with their return to the school environment. The MHSTs are developing 2 on-line workshops which aim to address these needs. The links below will enable school colleagues to register interest in these events. Event details will be sent out once registration numbers are reviewed.

Please register your interest in these events by 7pm on Wednesday 17th June.

Workshop Name: 'Teachers Workshop for Supporting Children and Young People Back to School'

<https://www.eventbrite.com/e/teachers-workshop-for-supporting-children-and-young-people-back-to-school-tickets-107799451060>

Workshop Name: Supporting Staff Wellbeing in Schools (Please ignore the date of 1st January as stated on the link – this link is for registering interest only).

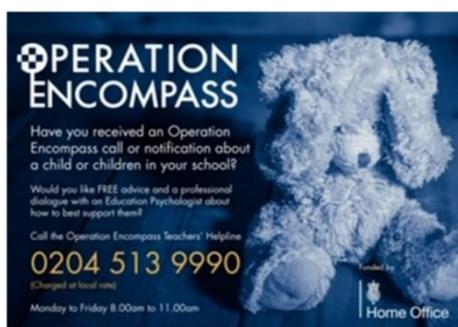
<https://www.eventbrite.com/e/supporting-staff-wellbeing-in-schools-tickets-107800542324>

SEND checklist for SENCos

HfL colleagues have put together useful information on key questions for SENCos supporting pupils with EHCPs or on SEN support. The checklist covers risk assessments, supporting home learning for pupils with SEND, and planning for the return to school of children who may find the transition difficult. This is attached as a separate document in case you have not received it.

Domestic Abuse Advice -

There have been increased reports of DA across DSPL7 during lockdown and the refuge is currently full. A spike in the need for refuge places is expected post lockdown, as abusive partners return to work. We have been asked to share these 2 new advice and support lines with all our settings. As stated above, any children identified in the survey as having witnessed DA in lockdown, will be supported as needed by NESSie on their return to school.



Transition Support

Links Outreach will continue to support the Year 6-7 transition process and have moved their training online. Three YouTube transition sessions and a transition booklet have been produced, which can be accessed and delivered at a time convenient to schools, and shared with those Y6 children who remain at home. Links are looking to deliver similar resources for Year 2-3 Infant-Junior transition in the future.

Y11 and Y13

Introducing the Survive and Thrive Guide and resources – supporting transition to college and university.

To reflect the challenges of Y11 and 13 transition, new quality assured resources have been developed in partnership with young people, Public Health, Education Psychology, CCGs, and the Children and Young Persons' Suicide Prevention group. The materials cover resilience based approaches for all young people along with key information for young people who have existing emotional wellbeing/mental health difficulties.

We are really keen to get your feedback and invite Mental Health Leads, Head of Sixth forms or School/College Pastoral Leads to book onto a 1 hour MS Teams session to introduce the resources and ways that these can be shared with students. The sessions are being offered for staff at the following dates/times:

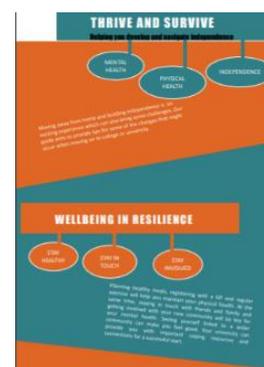
Tues 23rd June, 1.30-2.30pm (Katy Cole, EPS)

Thurs 25th June, 11-12pm (Shelley Taylor, Public Health)

Mon 29th June, 10-11am (Erika Payne, EPS)

Tues 30th June, 2-3pm (Erika Payne, EPS)

To book onto these sessions, please email Erika.payne@hertfordshire.gov.uk



2. DSPL7 Updates

All members of the DSPL team continue to work from home and will answer questions and queries via email. If you need urgent advice or support for a family, you can contact Elaine Bridle on 07952 652819 or email Rachel.robins@dpspl7.org.uk.

Strategic Planning for 2020-21



We are currently working on our new planned programme of support for 20-21. SENCOs have been sent this link to the annual survey, which will help us to better understand the needs of schools and EY settings and plan appropriately. **If you haven't yet responded, please follow the link.**

<https://www.surveymonkey.co.uk/r/GVHKPPD>



A link to the parent survey was sent to schools this week.

SEND Lead Professionals Training Programme

The SEMH Assessment Training with Gemma Handelsman, scheduled for Wednesday 10th June, has been rescheduled for the Autumn term and will be delivered virtually if in-person training is still not possible.

The **Herts for Learning** SEND Briefing will be delivered virtually on July 2nd as planned and we will shortly send details about how you can access this.

Additional elearning

Full details of any online training can be found on our website [here](#), including information on 'My Teen Brain' and Family Toolkit courses.