



# MENTAL HEALTH SUPPORT TEAM

Name: Julie Clarke

Education Mental  
Health Practitioner



## All About Me

Hi, I'm Julie, from the Mental Health Support Team (MHST) working within Moor First School.

I am an Education Mental Health Practitioner (EMHP) and my role involves supporting young people and their families with mild to moderate mental health challenges using Low Intensity Cognitive Behavioural Therapy (LICBT). Together we work to identify and address difficult emotions and feelings.

I work in partnership with the school's Mental Health Lead to deliver a whole school approach to mental health; this includes educational workshops, groups, and training to reduce the stigma of mental health and improve outcomes for the whole school community.

## Our Core Offer

I support pupils with:

- Worry Management
- Anxiety
- Panic Management
- Low Mood
- Sleep
- Problem Solving
- Exam Stress

If you would like to know more, please speak to Mrs Atherton (School Mental Health Lead) or email: [mhstenquiries@combined.nhs.uk](mailto:mhstenquiries@combined.nhs.uk)



Name: Julie

# MENTAL HEALTH SUPPORT TEAM



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Health Practitioner



## All About Me

- I'm always COLD 😊
- I have a chocolate labrador - Bella
- I love a roast chicken dinner & chocolate.
- I'm not a fan of rainy days, because I love the sun!

## Top Tips for Life

Talking about your feelings is the first step to feeling better.

Believe in yourself.

Be kind to yourself and others.

Eat well, stay active & get enough sleep.

## Hobbies/Interest

- Baking yummy cakes & biscuits.
- Going to the cinema & theatre.
- Spending time with family & friends.
- Long walks in nature with Bella.


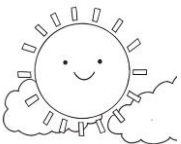










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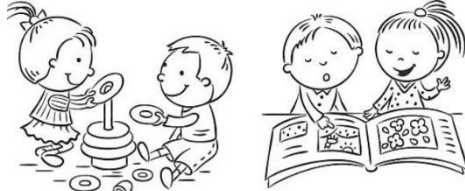

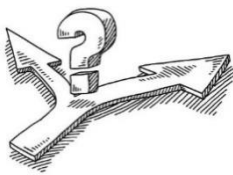


## Moor First School

# Staff Workload and Wellbeing Charter Plan



Time Matters	CPD Matters	School Priorities Matter	Culture and Ethos Matter
<p>Team ethos – Together we unlock potential and learn for life (collaborative approaches sought throughout).</p> 	 <p>Positive, honest, respectful &amp; caring climate to work in – (school values)</p>	 <p>Opportunities for career development are actively encouraged for all colleagues – performance development takes place – not performance management...you have a say through personalised CPD!</p>	<p>Flexible &amp; generous approach to appointments and family events.</p> 
<p>Colleagues are able to network across schools and seek help/advice</p> 	<p>Staff are strongly encouraged to timetable visits at other settings to improve their own practice – cover provided.</p> 	 <p>All policies reviewed by SLT and governors with workload in mind – i.e live marking/feedback policy – rational approach to marking.</p>	<p>Leadership Team open door policy.</p> 
 <p>PPA time embedded – offer to work from home when requested. Not all needed to attend daily assemblies</p>	 <p>Counselling and wellbeing support available for all staff if required.</p>	 <p>Regular staff social events.</p>	<p>Clear communication – deadlines carefully considered and publicised. ALL staff listen and respond and accept difference.</p> 



<p>Staff workload and wellbeing are reported to governors termly</p> 	<p>Measured, approach to supportive learning walks and drop-ins. Timetabled and within briefing minutes (Monitoring schedule)</p> 	<p>Thorough induction policy including mentor allocation for new colleagues.</p> 	<p>Wellbeing committee meet termly with staff to discuss any concerns and liaise with SLT before providing feedback.</p> 
<p>Staff voice is a strong feature; regular, constructive feedback sought from all stakeholders. Surveys at least twice a year.</p> 	<p>Dedicated staff room and learning area for computer access during PPA.</p> 	<p>Free onsite parking.</p> 	<p>Pastoral support for colleagues through collaborative working, a caring team ethos and peer to peer support (Peer Buddy System)</p> 
<p>Annual stress risk assessment encouraged for all staff (Entrust) and school wellbeing and workload survey annually too.</p> 	<p>Diary dates for the year planned as a whole staff workforce – especially for any volunteer fundraising events.</p> 	<p>Email Communication: No emails are sent over the weekend and during holidays unless prior agreement between staff and unless a serious safeguarding incident. Emails can be sent on a timer.</p> 	<p>Sharing of resources helps us to model consistency and thus reduce workload.</p> 
<p>Sensible use of staff meeting time and twilight time. Effective Monday morning briefings and weekly briefing notes provided if cannot attend.</p> 	<p>Leaders provide clear direction, subject non-negotiables to make delivery of their curriculum more consistent. This empowers teachers.support staff who are not specialists to improve outcomes for children.</p> 	<p>Lesson planning templates are provided as a tool to support teaching and learning and can be edited as long as school aims are evident.</p> 	<p>Return to work interviews – SLT check on wellbeing and make reasonable adjustments.</p> 



# WHOLE SCHOOL APPROACH TO MHWB AT MOOR FIRST SCHOOL

## Our environment, routines and support

Positive connections & relationships at the heart of all we do  
Our values & school motto  
Quality First Teaching / Class Teacher Support  
Staff Support & Wellbeing Charter  
Engaging physical environment  
Rewards and celebrations  
Extra curricular , enrichment & leadership opportunities

## Our curriculum, policies and procedures

Engaging Curriculum & PSHE delivery  
Mental Health & Wellbeing Policy  
Behaviour Curriculum & Policy  
Anti-Bullying Policy  
Safeguarding Policy  
SEND Policy  
Regular voice gathering / Wellbeing Surveys

## Our home & family partnerships

Home School Agreement  
SEESAW & Website [Moor First School](#)  
Attendance Policy & Support  
School Link Support

## MENTAL HEALTH & WELLBEING SUPPORT [Moor First School](#)

SEND SUPPORT

SAFEGUARDING TEAM



Whole school universal Approaches



More specific selected/targeted support

More targeted/risk support

# Mental Health and Wellbeing - External Support Links

## Mental Health Pathway

[Staffordshire Connects | Children's mental health support pathway](#)

## Bereavement

DOVE Bereavement Counselling and Support - 01782 914 455  
[Parents and Professionals | The Dove Service - Counselling](#)  
Windmills Charity – 01782 433 435  
[Referrals – Windmills Charity Stoke-on-trent Staffordshire](#)  
Winston's Wish – 01242 515 157  
[Grief support for young people | Winston's Wish](#)

## Relationships & Trauma support

New Era Domestic Abuse Service

[New Era – New Era is the new holistic Domestic Abuse](#)

Staffordshire Survive - 0300 330 5959

[Sexual Violence and Abuse – Staffordshire Women's Aid](#)

## SEND Support

Autism Inclusion Team - 01785 35683

[sss.service@staffordshire.gov.uk](mailto:sss.service@staffordshire.gov.uk)

[SEND support in Staffordshire – Staffordshire County Council](#)

## Drug & Alcohol Support

T3 - [Homepage - Staff Stars](#)

[Get Support - The Mix](#)

## Family Support & Young Carers

Family Hub & Early Help

[Staffordshire Connects | Accessing support for children - up to 17 years](#)

[Staffordshire Connects | Staffordshire Moorlands Family Hub Children & Families – Family Action \(family-action.org.uk\)](#)

[Young Carers | North Staffs Carer](#)

## Youth Mentoring & Safeguarding / LGBTQ+ Support

YOT [Contact us - Youth Offending Team – Staffordshire County Council](#)

PREVENT—01785 238239 / 233109  
Education SG Advice Line—01785 895836

[Home | Catch22](#)

LGBTQ+ Support  
[Other LGBTQ+ Support Services – Open Clinic](#)