

Be Ready

September Edition



Welcome Back: Be Ready

As we begin a new academic year, we're presented with a fresh opportunity to reconnect, reflect and look ahead. New classes, new faces and new experiences all bring the chance for growth and positive change.

This half term, our theme is **Be Ready**.

Being ready doesn't mean having everything figured out. It means approaching the year with openness, curiosity and compassion.

Throughout this newsletter, we'll be sharing ideas, resources and practical approaches to support mental health and wellbeing, helping both staff and pupils navigate the opportunities and challenges that a new school year can bring. This year, let's continue working together to strengthen wellbeing, build resilience and support positive outcomes for children and young people.

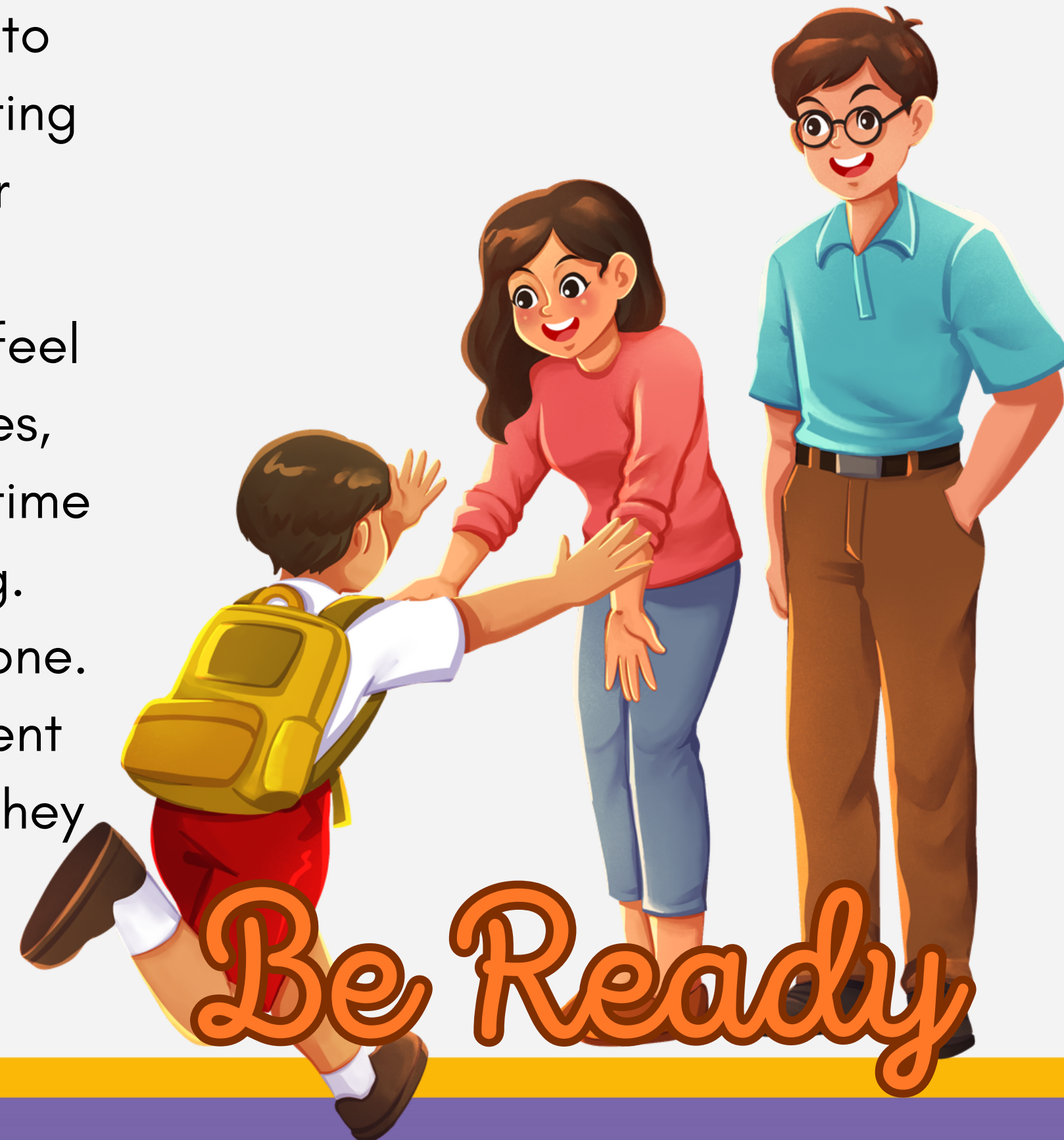
Here's to a happy, healthy and successful year ahead.

The Be You Team 💜

Be... Ready for a Positive Start

The start of a new school year is often filled with anticipation, excitement and, for some, a little uncertainty. Returning to routines, meeting new teachers or classmates, and adjusting to new expectations can bring a range of emotions for children and young people.

One of the most powerful things we can do is help them feel prepared for what's ahead. Creating predictable routines, offering opportunities to connect with others, and taking time to listen can help build a sense of safety and belonging. Being ready isn't about getting everything right from day one. It's about helping children and young people feel confident that they can navigate challenges, ask for support when they need it, and embrace new opportunities as they arise.



Staff Wellbeing Spotlight

As we support others, it's important to remember our own wellbeing too.

Consider:

What helps you feel energised at work?

Who are the colleagues you can turn to for support?

What small action could you take this week to prioritise your wellbeing?

A new term often comes with lengthy to-do lists, but don't forget to include yourself on that list. Looking after your own wellbeing isn't a luxury; it's an essential part of being able to support others effectively.

Try This:

Choose one wellbeing habit to focus on this month:

- ✓ Taking your lunch break
- ✓ Going for a short walk each day
- ✓ Connecting with a colleague
- ✓ Leaving work on time once a week
- ✓ Noticing three positive moments each day

Small changes can make a big difference.





Ready to Build Resilience

Resilience isn't about avoiding difficulties; it's about learning how to cope with them.

Children and young people develop resilience when they:

- Feel connected to trusted adults.
- Have opportunities to solve problems independently.
- Are encouraged to learn from mistakes.
- Have their strengths recognised and celebrated.

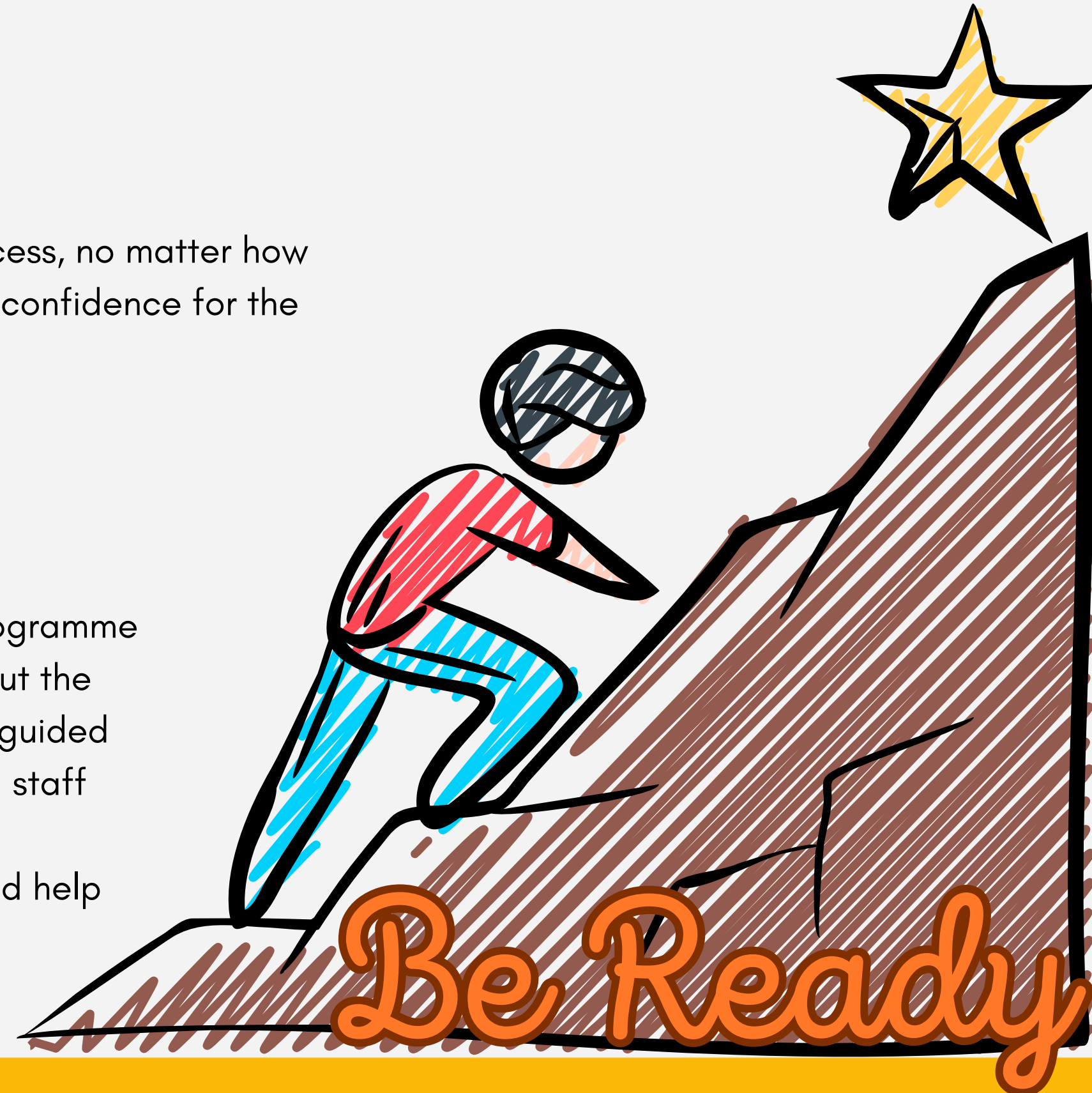
This term, consider how you can create opportunities for pupils to experience success, no matter how small. Every achievement, challenge overcome and act of courage helps to build confidence for the future.



All schools in Northumberland can access FRIENDS Resilience Training, a proven programme designed to help build resilience, confidence and emotional wellbeing throughout the school community. Schools can choose from in-person training sessions or a self-guided online learning option, providing flexibility to suit different needs, schedules and staff availability.

Find out more about how FRIENDS Resilience Training can support your school and help develop lifelong resilience skills for children and young people.

Find out more via our main padlet [**HERE**](#).





Be You Mental Health and Wellbeing Settings Audits

Thank you to everyone who has completed their Mental Health and Wellbeing Settings Audit with us so far!

The audit is designed to be a supportive and collaborative tool that evolves throughout the year. As a live document, it can be updated by both your setting and members of our team as new needs, priorities, and successes emerge. This allows us to work alongside you and provide tailored support when it is most needed.

At the end of the academic year, we will review the audit together to celebrate achievements, recognise progress, and identify any areas for further development.

Following completion of your audit, you will receive a support plan outlining the priorities and actions you have identified, alongside details of how we can support you over the coming year.



Whole School Approach Support Plan 2026–27

School:
Locality:
WSA Link Name and Email:
Date Reviewed:

Thank You

Thank you for completing your Whole School Approach Audit.

Based on the information provided within your audit, and following locality-wide planning discussions, we have identified the following areas of support for your school during the 2026–27 academic year. These have been matched against both your identified [priorities](#) and the wider support offer available through the Whole School Approach programme.

Agreed Support

Action From Audit	WSA Principle This Supports	Be You Offer of Support	Date & Time Agreed

Additional Recommendations

The following resources, opportunities or partner offers may also support your identified priorities:

-

Review

This plan will be reviewed at the end of the academic year to help celebrate progress, reflect on outcomes and inform future planning.

Should any new priorities, challenges or opportunities arise during the year, please contact your WSA Link Practitioner to discuss how we can support you.

This plan is intended as a starting point and may evolve throughout the year as needs emerge, progress is reviewed and new opportunities become available.

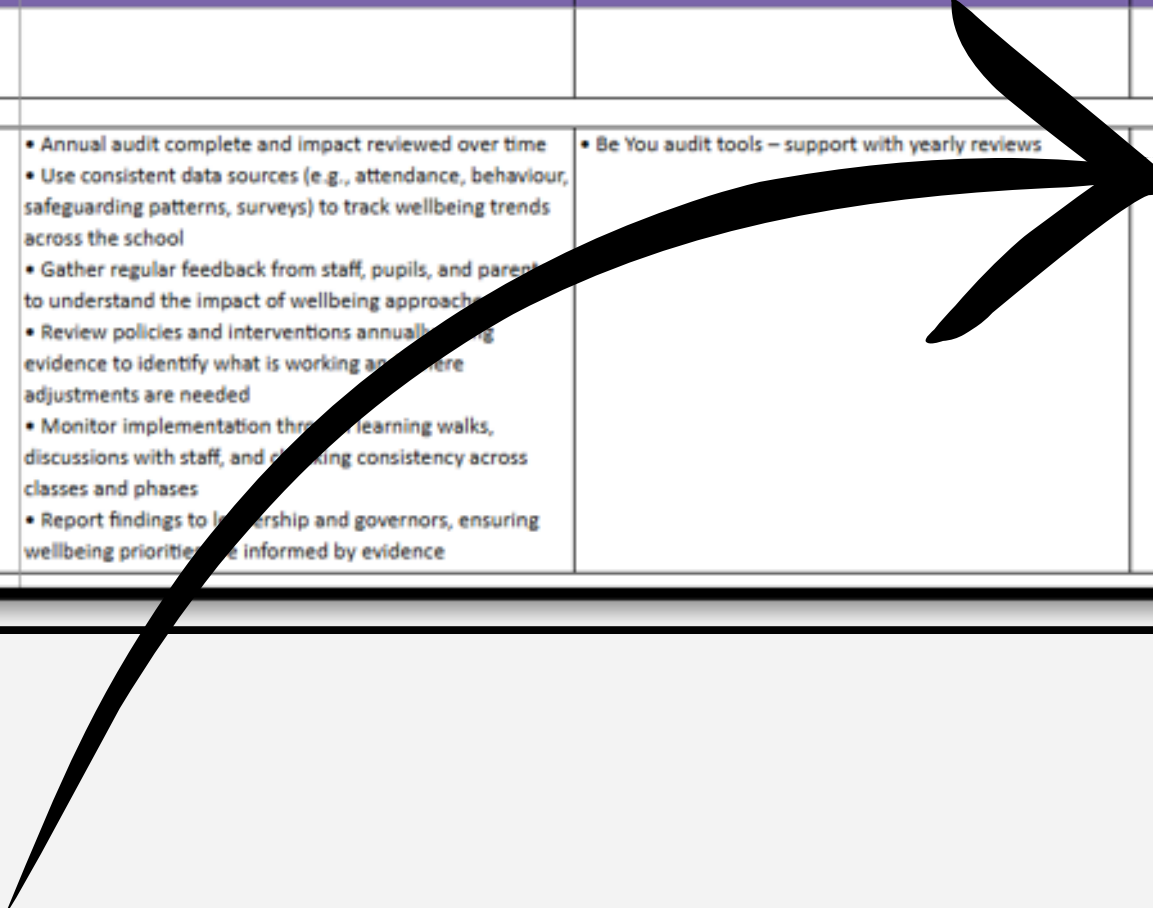
Be Ready

Be You Mental Health and Wellbeing Settings Audits



The information gathered through the audits will also help us to better understand the needs of individual schools, identify emerging trends within localities, and shape our service planning across Northumberland. This ensures that the support we provide continues to be responsive, targeted, and relevant to the needs of our school communities.

Please remember to complete the grading scores alongside each descriptor within the audit. These scores are invaluable in helping us identify strengths, emerging needs, and areas for development both within localities and across Northumberland. We will be carrying out our first data collection on **17th September**, and we look forward to sharing the key findings and emerging themes with you through a future newsletter.



LEADERSHIP & MANAGEMENT			
Descriptor	What this could look like	How Be You can support	GRADE
Wellbeing practice is monitored and evaluated through clear systems	• Annual audit complete and impact reviewed over time • Use consistent data sources (e.g., attendance, behaviour, safeguarding patterns, surveys) to track wellbeing trends across the school • Gather regular feedback from staff, pupils, and parents to understand the impact of wellbeing approaches • Review policies and interventions annually using evidence to identify what is working and where adjustments are needed • Monitor implementation through learning walks, discussions with staff, and checking consistency across classes and phases • Report findings to leadership and governors, ensuring wellbeing priorities are informed by evidence	• Be You audit tools – support with yearly reviews	2

Be Ready

MAKE IT BETTER IN NORTHUMBERLAND COMPETITION WINNERS!

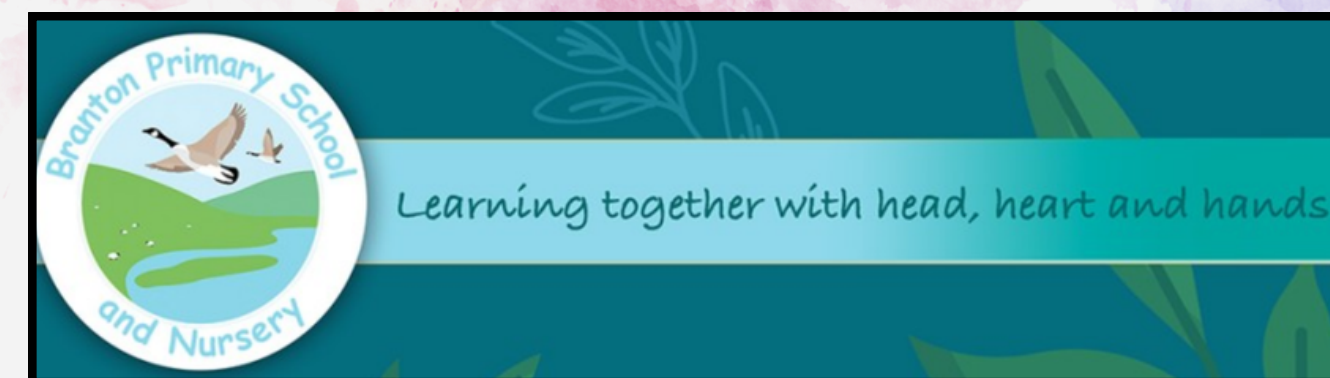
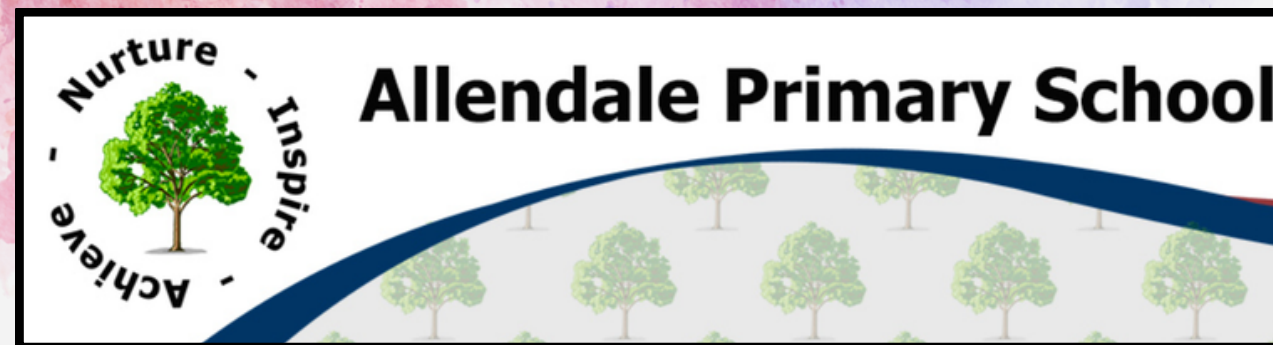


Following our Creatively Healthy Schools Conference, Northumberland schools were invited to take part in the Make it Better Campaign. The campaign encourages us all to think about ways to be creatively healthy in our everyday lives and to share the positive impact that creativity can have on health and wellbeing.

We are pleased to introduce the four schools that took part in the campaign. Through their involvement, they have helped raise awareness of the important role creativity can play in supporting wellbeing, building connections and encouraging self-expression, while championing creativity within their school communities.

As a thank you for taking part, each school will receive a Lego prize and a copy of a Daisy Fancourt art therapy book, recognising their contribution to promoting creativity and wellbeing within their school communities.

Thank you to all four schools for supporting the campaign and helping to champion creativity within their school communities. You can find out more about Creative Health via our Creatively Healthy Schools Padlet [**HERE**](#)





Dates For Diaries



All of our current training and events offers are on our main Be You padlet [HERE](#).

Or click on the pictures below to find out more....

Be you
Mental Health Support Team

Support Resilience in Your School with FRIENDS for Life

This evidence-based training, endorsed by the World Health Organisation (WHO), is now available to all Northumberland schools. It helps pupils develop essential skills for managing stress, building confidence, and fostering emotional wellbeing. Through fun, interactive activities, participants will learn practical strategies to:

- Strengthen coping skills
- Boost self-esteem
- Improve problem-solving
- Build positive relationships

The programme is suitable for teachers, teaching assistants, SENCOs, pastoral staff, and mental health leads who want to embed resilience-building approaches into their work with children.

Date: 15.01.27 or 07.05.27
Time: 9:00-4:00
Venue: Healthcare Academy, Cramlington Hospital

Sign up [HERE](#)

FRIENDS RESILIENCE

Northumberland County Council | Northumbria Healthcare NHS Foundation Trust

Be you
Mental Health Support Team

Senior Mental Health Lead Refresher Training

Free for all Northumberland SMHLs. Whether you are new to the role or just want a refresher...

4th of December 2026
9:00-4:00

Healthcare Academy, Cramlington Hospital

This one-day course provides a comprehensive introduction to the Senior Mental Health Lead (SMHL) role, exploring key responsibilities, practical strategies, and leadership approaches to create a whole-setting culture of mental health and wellbeing.

Course Aims

- Understand your duties as a Senior Mental Health Lead
- Explore models of mental health and wellbeing
- Learn how to build a supportive ethos and culture
- Develop leadership and stakeholder engagement skills
- Strengthen staff and pupil wellbeing strategies
- Improve your use of data and intervention tracking
- Gain practical tools for implementation and impact monitoring

Northumberland County Council | Northumbria Healthcare NHS Foundation Trust

Be you
Mental Health Support Team

Peer Mentor Train the Trainer Programme

Would your students benefit from peer-to-peer support?
Do you want to empower young people in your setting?
Looking for a practical way to support emotional wellbeing?

If yes, our Peer Mentoring Programme is the perfect place to start.

Help your students thrive through peer support

- Build confidence, resilience, and leadership skills
- Support smoother transitions between key stages
- Create a culture of student voice and empowerment
- Provide early, preventative support for worries and wellbeing
- Strengthen a sense of belonging and connection within your setting

Northumberland County Council | Northumbria Healthcare NHS Foundation Trust

Northumberland County Council | Northumbria Healthcare NHS Foundation Trust

Are you interested in becoming a Youth Mental Health First Aider?

Places are available on Mental Health England's Youth Mental Health First Aid course through the Be You programme funding for all schools in Northumberland.

Course Option 1.

Venue: Seaton Valley High School, Prospect Avenue, Seaton Delaval, Northumberland, NE25 0FW

Dates:

- Tuesday 22 September 2026
- Tuesday 29 September 2026
- Tuesday 6 October 2026
- Tuesday 13 October 2026

Time: 4:00pm to 7:00pm

Participants must attend all four sessions to complete the course.

Course Option 2

Venue: Health Care Academy, Northumbria Way, Cramlington, NE23 6NZ

Dates:

- Tuesday 2 February 2027
- Wednesday 10 February 2027

Time: 9:00am to 4:00pm

Participants must attend both full-day sessions to complete the course.

[SIGN UP HERE](#)

cygnus | Be you | MHA England

Be you
Mental Health Support Team

Supportive Conversations in Schools

Who is this for?

This session is designed for school staff who support others, including:

- Senior & middle leaders
- Pastoral staff
- Mental Health Leads / DSLs
- Line managers and team leaders

Date & Venue

Friday 12th February
9:00-4:00
Healthcare Academy, Cramlington

Sign Up [HERE](#)

Northumberland County Council | Northumbria Healthcare NHS Foundation Trust

Be you
Mental Health Support Team

Emotional Wellbeing & Mental Health Training For School Governors

1 hour virtual training sessions
11.01.27 5:00-6:00pm
22.04.27 5:00-6:00pm

Training will cover:

- Introduction to Emotional Health and Wellbeing
- Governor Responsibilities
- School Responsibilities
- Staff Wellbeing
- Pupil Wellbeing

Sign up [HERE](#)

Northumberland County Council | Northumbria Healthcare NHS Foundation Trust



SMHL Conference

Next year's combined SMHL conference will take place on **10th March** at The Holiday Inn. The theme will be staff wellbeing and restorative conversations.

MHST School Consultations

Mental Health Support Team (MHST) consultations provide school staff with a supportive space to discuss concerns about a young person's emotional wellbeing and mental health. Consultations are available for pupils experiencing difficulties such as anxiety, low mood, self-esteem concerns, or other mild to moderate mental health needs.

The aim of a consultation is to offer advice, guidance, and signposting to help schools identify the most appropriate support for a young person. In some cases, consultations may also inform a referral for individual MHST intervention where appropriate.

Consultations are carried out by Educational Mental Health Practitioners (EMHPs) and Senior Wellbeing Practitioners, who work collaboratively with school staff to explore a young person's needs, consider supportive strategies, and discuss possible next steps.

To get the most from the consultation, **parental consent must be obtained before discussing a young person**, and it is recommended that the attending member of staff knows the young person and their circumstances well.

New from September

From September, telephone consultations with MHST staff will also be available, offering schools an additional flexible and accessible way to seek advice, discuss concerns, and explore support options for children and young people.

How to Book

To book a consultation, please contact the administration team on **0191 293 3012**.



Be Ready

We have been asked to share the following training opportunities from Quakers in Britain.

Peer Mediation Train the Trainer Programme

Looking to strengthen pupil voice, improve conflict resolution and build positive relationships across your school? This two-day Peer Mediation Train the Trainer programme from Quakers in Britain will equip school staff with the knowledge and practical tools needed to establish a sustainable peer mediation scheme. Peer mediation empowers pupils to resolve conflicts constructively, develop independence and contribute to a positive school culture.

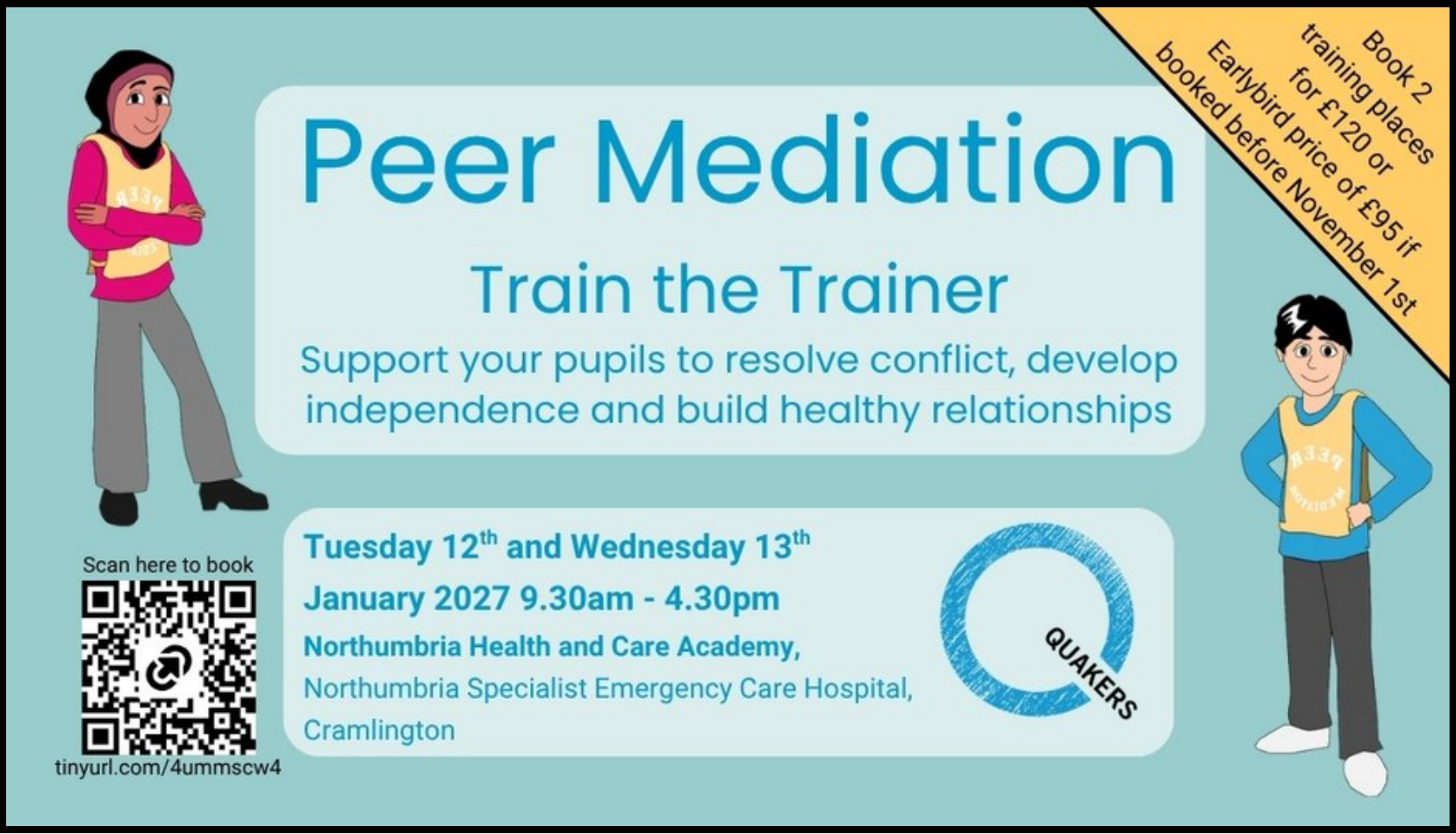
We recommend that two members of staff attend, including a senior leader, to support successful implementation within school.

 12th-13th January 2027

 Northumbria Health and Care Academy, Cramlington

Training places are available at an early bird rate of £95 for two places when booked before 1st November 2026 (£120 thereafter).

For further information and booking details, please see the attached flyer or click [HERE](#).

This flyer has a light blue background with a pattern of small white circles. On the left is a cartoon illustration of a woman in a pink hijab and yellow vest. On the right is a cartoon illustration of a man in a blue shirt and yellow vest. The main text is in large blue font: 'Peer Mediation Train the Trainer'. Below this is the subtitle 'Support your pupils to resolve conflict, develop independence and build healthy relationships'. The dates and times are 'Tuesday 12th and Wednesday 13th January 2027 9.30am - 4.30pm'. The location is 'Northumbria Health and Care Academy, Northumbria Specialist Emergency Care Hospital, Cramlington'. A QR code is on the left with the text 'Scan here to book' and 'tinyurl.com/4ummscw4'. A Quakers logo is on the right. A yellow banner at the top right says 'Book 2 training places for £120 or Earlybird price of £95 if booked before November 1st'.This flyer has a light green background with a pattern of small white circles. On the left is a cartoon illustration of a man in a blue shirt and yellow vest. On the right is a cartoon illustration of a woman in a pink hijab and yellow vest. The main text is in large blue font: 'Peer Mediation Train the Trainer'. Below this is the subtitle 'Support your pupils to resolve conflict, develop independence and build healthy relationships'. The text 'In this practical training, you will gain the skills, knowledge and resources to implement a peer mediation scheme in your school.' is followed by a list of bullet points: 'Explore approaches to understanding conflict, methods of de-escalation and the role of feelings and needs in overcoming difficulties', 'Develop the skills of a peer mediation trainer, enabling pupils to mediate safely and effectively', and 'Learn how to ensure your scheme is successful and sustainable'. Below this is the text 'To support successful implementation, we ask that two staff members attend, one of whom is a senior leader.' There are three photos showing people in a training session. A QR code is on the left with the text 'Scan here to book' and 'tinyurl.com/4ummscw4'. The dates and times are '9.30am - 4.30pm Tuesday 12th and Wednesday 13th January 2027'. The location is 'Northumbria Health and Care Adademy, Northumbria Specialist Emergency Care Hospital, Cramlington'. A Quakers logo is on the right. A yellow banner at the top right says 'Book 2 training places for £120 or Earlybird price of £95 if booked before November 1st'.



Quakers in Britain



We have been asked to share the following training opportunities from Quakers in Britain.

Drawing Hope is a free creative and peace-building project that invites children and young people to create a self-portrait and a message of friendship for “a friend I haven’t met yet”, helping them explore themes of empathy, identity, belonging, and peace. Schools can access free age-specific resource packs and have the opportunity to contribute artwork to local, national, and international exhibitions.

To find out more and to access the free resources click [HERE](#)

Do you want to understand the scope and benefits of working with children and adults in circles?

I’m running a free one hour session, aimed at senior leaders to explore how working together in circles can transform a sense of belonging within a school community and change the way people across a school think, feel and act. The session is on Thursday 24th September, 4pm – 5pm. Book [here](#).

Do you want to feel more confident running a circle with a group of children?

We’re running a full day’s training for practitioners who want to feel more confident running a circle time with children. The day will also send people away with some tried and tested materials to get you started. These days are a full day in person training, priced at £120 per person, but if you use the code SPECIAL25, you’ll get it for £95 instead:

More details and booking:

London 7th Oct

<https://www.eventbrite.com/e/1990010490948?aff=oddtcreator>

Manchester 20th Oct

<https://www.eventbrite.com/e/1989655473080?aff=oddtcreator>