



REWT News



Newsletter 8

February 2021

REWT's Highlights

What is getting us through lockdown?

- **Claudia Noel-Michael** - I have really enjoyed learning some new activities to do with my children to support all our wellbeing such as mindfulness colouring and laughter yoga!
- **Hannah Broughton** - One thing keeping me going through this lockdown is a sense of hope (from the vaccine) that there will be an end to Covid-19 and 'normal' life will resume!
- **Helen O'Neill** - Having contact with my family remotely is helping me a great deal through the current lockdown, as well as music.
- **Maria Megalogeni** - Speaking on a regular basis to my family who are based in another country has been really helpful in making me feel as connected to them as possible. Catching up with friends over zoom, being optimistic about the future as well as keeping myself occupied with hobbies have helped me to keep going. They've also helped with breaking the monotony that Covid-19 lockdowns bring with them.
- **Naomi Milliken** - One thing that has kept me going through lockdown is sticking to a routine, whereby I set an alarm (even at the weekends) and complete a home workout or go for a long walk in the morning. I find this helpful as it wakes me up and sets me up for the day ahead - I feel like I've achieved something already before 9am.
- **Zeta Meheux** - One thing keeping me through the current lockdown has been going for walks as much as I can. It's great to get some fresh air, see a few other people out and about and be in different surroundings other than just in my home.

We hope you are finding your own ways of getting through the lockdown. Feel free to get in touch and let us know what you have been doing.

Wellbeing for Education Return (WER) Part 2

We are delighted to announce that Redbridge Educational Wellbeing Team (REWT) are continuing to deliver the government DfE initiative entitled '**Wellbeing for Education Return (WER)**' **part 2** this spring term to primary, secondary and special schools in Redbridge. This training package promotes wellbeing and positive mental health in schools in response to the Covid-19 pandemic.

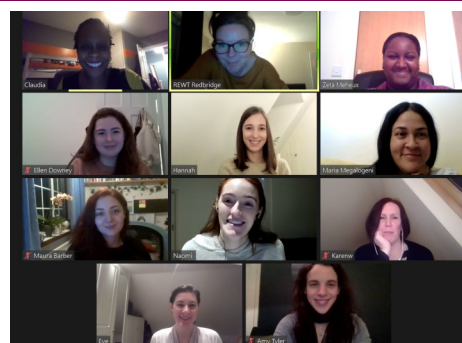
WER part 2 focuses on **understanding and supporting bereavement and loss, understanding and supporting anxiety and low mood and understanding and supporting stress and trauma.**

Furthermore, we are delivering support sessions to **children and young people** focusing on **managing anxiety, friendship and social skills, mindfulness and self-esteem**. We are also continuing to **support parents** in Redbridge through online workshops. This term we are increasing our support to include **SENCOs, Social Workers (SWs) and Foster Carers (FCs)**.



Mental Health Support Teams

We are pleased to tell you that Redbridge has been successful in their bid to start **Mental Health Support Teams (MHST)** in our schools. This means that we will have a small team of **Education Mental Health Practitioners (EMHPs)** who will be able to work in a few of our schools needing this support, **delivering interventions to children and young people identified as having low level SEMH needs**. Our EMHPs are a few weeks into their training and we are looking forward to them being able to support some of our schools in the coming months.



Members of REWT and the EPS enjoying our weekly singing for wellbeing activity!

"Schools truly can be guiding light-houses and safe havens in a sea of uncertainty."

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"nurturing emotional wellbeing and resilience in schools"

REWT

"You can't pour from an empty cup" - We wish you a safe and restful half-term.

**REWT
Competition**

We have launched a **creative writing competition** to give the chance to some of our young people across Redbridge to **share their experiences and feelings** around Covid-19.

We would like **young people to write to Covid-19** through a letter, poem, diary entry or any other writing style they choose. **Selected schools who have attended our "Creative Writing" workshops will be able to enter.**

Please send entries to **REWT@redbridge.gov.uk**. The best entries will be selected to compile a book which we will share with you all.

Training Opportunities and Resources

Training Update

We know so many of you have been enquiring about new training sessions such as Solihull training and new ELSA and DSL training - thank you for all of your enthusiasm! We feel that these training sessions work best face-to-face where we can have interaction with you all and you are able to interact with each other. As soon as it is safe to do so we will return to delivering our training sessions in this way. We will continue to keep you updated regarding this.

The New EPS Redbridge webpage is live!

We are delighted to announce that our Educational Psychology Service (EPS) Redbridge Council page is now live: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>

The EPS web page aims to highlight who Educational Psychologists (EPs) and REWT are, how we support children and young people and their families, the community and what events (trainings and workshops) we are delivering.

We would love to hear your thoughts on this please email us and let us know.

National EPs Research

Thank you to all the schools who encouraged their students to complete the national EP Research "Exploring pupil views on the return to education in September 2020 and their ideas for the future". We had **1028 primary school** responses and **929 secondary school** responses. So far, the findings have highlighted **themes such as: the importance of relationships, learning and safety.**

REWT are currently analysing the data of the findings further and aim to share them with you all in the summer term.

Team Updates

New role for Kimberley

Kimberley Casey-McMahon, has left her role as an Assistant Educational Psychologist (AEP) and is now one of our new trainee Education Mental Health Practitioners (EMHP) within REWT. We enjoyed working with her in her AEP role. We wish her luck in her new role and are excited to work with her again in the next few months!

EPS Wellbeing

In these difficult times, it is more important than ever to ensure we are focusing on our wellbeing and taking care of ourselves. The EPS have been doing a number of activities virtually to boost our physical and mental wellbeing as well as staying connected to each other as team.

These activities include:

"Singing for Wellbeing" - a member of the team chooses a feel-good song every week and the team sing, dance, move along. As you can see from the picture on the first page, it is great fun!

"Fit 'n' fun" - team fitness together for 30 minutes a week where the aim is fun and togetherness!

Virtual Tea/Coffee Sessions - members of the team can drop in and out and catch up with one another over a cup of tea or coffee as well as answer some teatime brain teasers!

We hope you are all managing to find ways to maintain your own wellbeing both individually and as teams.

