



REW T News



Newsletter 11

July 2021

REW T's Highlights

- **Claudia Noel-Michael** - My highlights have been seeing the **AEPs** make so much **progress** and learning so many new ways of working from them, such as having a **Twitter Account and You Tube Page**. I was also excited to help set up our new **MHST** and to **begin face to face training with our newest ELSAs**. It has been an incredible year and I am proud and happy with what our team has been able to achieve.
- **Helen O'Neill** - My highlights have been getting to spend time **face to face** with the rest of our team in REWT, and also the work I have been involved with the **pupil referral units**.
- **Maria Megalogeni** - My highlight for this academic year has been getting onto the **Doctorate in Educational and Child Psychology at UCL**. Thank you REWT; I couldn't of done it without you.
- **Naomi Milliken** - My highlights are delivering the **online parent sessions** to our Redbridge community and beyond. Along with working with the TEPs on the **Race and Equality Awareness Scheme** and seeing the positive changes being made in such a short amount of time.
- **Zeta Meheux** - My highlights have been **working long term with some brilliant Redbridge children**. I have also enjoyed developing alongside REWT and our Trainee EPs our fantastic **Race and Equality Awareness Scheme** which schools have been



ELSA and DSL celebration

We recently had our end of year celebration whereby we presented awards to our nominated DSLs and ELSAs. **We appreciate all your efforts and hope to present even more awards next academic year.**

We are so proud that we have 20 newly trained ELSAs and now have **over 130 ELSAs and 47 DSLs** supporting the emotional needs of pupils in their schools. We will be working hard in putting together the autumn term schedule and look forward to **training even more ELSAs and DSLs** in the new academic year.

Race and Equality Awareness (REA) Scheme

We have thoroughly enjoyed working with the TEPs and selected schools on the REA scheme. This focused on the **schools racial awareness, needs and strengths and where they are on their journey of promoting racial equality**. During our recent REA networking event schools shared that this has opened up conversations and initiated actions around anti-racist practice.

From September 2021, REA will become a traded package. We hope that many more schools will **join us** on this challenging yet necessary **journey in becoming a REA schools**. Please email: REW T@redbridge.gov.uk to be put on the waiting list.



Members of REWT, TEPs, REA schools and our guest speakers from 'YoungBlackPsych'

Research Feedback and YouTube Launch

Rest and self care are so important. When you take time to replenish your spirit it allows you to serve others from the overflow.

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YouTube Educational Psychology REWT

REW T

You can't pour from an empty cup. Take care of yourself first!

Research: We have put together **two presentations to directly feedback to the CYP and community** on the voices of Redbridge children and young people on how they found their return to school and college. **Please see our YouTube channel to view these.**

YouTube: We are so excited to announce that we have finally launched our YouTube channel. The EPS, REWT and MHST will work as a team to share supportive and helpful content for the whole Redbridge community and beyond. **Please subscribe to our channel by visiting:** <https://www.youtube.com/channel/UCTPh3Rb6rwwPUzMVNtupIag>

Introducing our new Vision and Mission Statements ! We are pleased to announce that **REW T** and the **MHST** have come together to create a Vision and Mission statement.

Vision statement: 'Nurturing mental health and resilience in Redbridge school communities'

Mission statement: We provide safe and nurturing spaces to talk and learn about mental health and psychology. We empower people to live their best life, working in partnership with our school communities. We strive to reduce stigma, raise awareness and enhance emotional wellbeing and resilience for all.

REW T CREATIVE WRITING COMPETITION

Thank you to all the children and young people who entered our Creative Writing Competition. We are excited to announce the winners. Please find their entries attached:

Primary

- 1st - **Iniya Sharrierr**
(Christchurch Primary)
2nd - **Kishanika Kageenthiran**
(Uphall Primary)
3rd - **Awais Chutory**
(Uphall Primary)

Well Done!

Secondary

- 1st - **Baljit Assi**
(Beal High School)
2nd - **Sumera Ahmad**
(Beal High School)
3rd - **Aasiyah Dhaliwal**
(Beal High School)

Team Updates

Goodbye to Hannah, Helen, Maria and Naomi (AEPs)

We are sadly saying goodbye to four of our fantastic Assistant EPs who will be starting their doctoral training courses in September to become EPs! We thank them all for the hard work, creativity and enthusiasm they have brought to REWT and wish them the best of luck! We will be welcoming new Assistant EPs in September and we will be introducing them in the next newsletter.

TIME TO RECHARGE AND REPLENISH !

We wanted to take this opportunity to thank you all for your continued hard work and efforts. We all deserve a well earned SUMMER BREAK. Please take this time to recharge and replenish through following the '**5 ways of wellbeing**' : **to be active, to give, to learn, to take notice and to connect with others.** Remember, life is all about balance and in order to provide the best support to our CYP you must take care of yourself first. We look forward to hearing all about your summer break on our joyful return in September 2021.

