



REW T News



Newsletter 15

March 2022



REW T's Wellbeing

This term has been very busy and jam-packed for the REW T team, with so many supervisions and new projects in the works. So we have decided to share some of the ways we have managed a stressful term...

• **Janet Rowley** - I go for a walk every day! Being in green space and being active helps with my thinking process and helps me see things in perspective

• **Claudia Noel Michael** - The one thing I do each week, is make sure I go to the gym, have a good workout and then have ME time by sitting in the jacuzzi and going in the steam room and sauna. It gives me something to look forward to each week and helps me feel refreshed!

• **Anna Tench** - When I'm feeling overwhelmed, I often go for a long walk or run with a friend. I find that being outside in nature is calming and it feels good to have a trusting person I can speak to. If I am stressed, I also enjoy finding a new recipe and cooking a delicious meal - good food always makes me feel a lot better (particularly when chocolate is involved)!

• **Beth Pargeter** - I use running to de-stress; I like to play my running playlist (lots of Sia) at top volume and charge past all the rush-hour traffic. When I am overwhelmed during the working day, I like to go outside and walk around the garden with my dogs. Seeing all the life emerging outside at the moment (and watching the dogs fight over tennis balls) makes me feel a lot more positive.

• **Marco Temes Serrano** - Whenever I feel I'm having a hard day and my mind is full of things I need to do, I head to the climbing gym for a long bouldering session. Moving my body, being aware of each movement, solving the problems, setting myself some reasonable goals and being able to achieve them... it all makes my worries less important. The aftermath feeling in my body is soothing and I feel more optimistic.

• **Roisin Ozcagatay** - I have been doing a few everyday things that make me happy- like eating delicious food, making sure I get out the house for some fresh air and having the occasional bath. Now that the weather is brightening up, it'll be great to spend more time outside.

• **Ruth Ococ** - To manage the stress, I have made use of the gym even more than I usually do. I go to the gym 4 x a week and make sure I incorporate some weight lifting to activate my stress response system. At the end of my day, I make sure that I put my air pods in and go for a walk by myself listening to my favourite songs. The walk helps my body relax as I reflect on the day.

• **Teniola Oloko** - I make sure to clean up and reorganize my workspace! I find that this is a great way for me to reorganize my mind and avoid becoming overwhelmed with all the tasks I have to do. After work, I like to unwind with an intense workout followed by a calming bath and an early night (where possible)

• **Zeta Meheux** - I have been using a gratitude journal to find a positive/joyful moment in every day which helps me feel better during those particularly stressful days. I am able to look back on these moments to motivate me on other stressful days.

ELSA Updates

REW T are pleased to announce that **face to face** ELSA supervisions are back up and running! This means we all have more opportunities to share our good practice with each other. We will also attempt to team you up with ELSA's from your training cohort, so you can see each other again and share what you have been up to in your schools.

Not long till our **ELSA Conference** only 94 days to go! It will be held on **30th June** at Woodford Rugby Club. We will be combining this with our end of year celebration event and we are hoping to see all of our ELSAs there! Look out for the email from our ELSA co-ordinator **Ruth**, to find out how you can register!

ELSA P6A on Red Nose Day!



Mental Health Support Teams

The Mental Health Support Team have collaborated with Ilford County High School to organise a borough-wide charity event aimed at raising mental health awareness!

The event will be a **whole school walk on Thursday 12th May 2022** as an activity for Mental Health Awareness week. ICCHS are encouraging the pupils of Redbridge to get walking and talking about mental health!

You don't have to walk the battle alone!

If your school is not able to do this on the specific date, you are invited to choose a time during mental health awareness week that suits you (May 9th-13th 2022). This could be a one-day event or a whole week event- it's up to you!

See the attached information sheet, for more details on how to get involved!



A huge congratulations to the MHST who won the Recognising Redbridge staff award!

Some members of the REWT Team at our REA networking event!



“Education is the key to unlocking the world, a passport to freedom”

- Oprah Winfrey

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“nurturing emotional wellbeing and resilience in schools”

REWT

The best view, comes after the hardest climb!

REWT Competition

REWT's De-stigmatising Mental Health' Logo competition is now **closed!**



We have had so many fantastic entries from children and young people, and we are sure it will be very difficult for our judges to choose the winners who will be announced at the event on the 12th May at Beal High School.

With just over a month until the day we launch our campaign, Secondary schools make sure you email **REWT@redbridge.gov.uk** if you would like to attend, so we can prepare goodie bags and resources! Keep an eye out for more information via email in the coming weeks.

REWT Projects

REA

The REWT team are thrilled to have had more schools join the REA Scheme this term. It was great to hear about their motivations for joining the REA Scheme at our Welcome Event. It was also a pleasure to have our Networking Event in person for the first time last week. We were focusing on supporting refugee and asylum seeker children and heard from one of our fantastic EPs Wajma Torkmani on the role of schools in this area. There were also lots of brilliant examples of good practice shared in this area and more broadly across Race and Equality. Thank you to all those who attended and to Cranbrook Primary School for hosting the event.



The creators of the REA scheme (our **Trainee EPs Maura, Isabel, Ellen, Charlotte and Amy**) will be presenting the REA scheme at the **Division of Educational and Child Psychology (DECP)** national conference at the end of the month. They will present the project to EPs from all over the UK. This is a fantastic opportunity and achievement for them.

We wish them the best of luck with their presentation.!

RAW Project

We are excited to announce we have 5 primary schools nominated to take part in our RAW pilot project. These are Uphall, Aldersbrook, Gearies, Aldborough and Mossford Green. We will be contacting them soon to arrange a start for late May. We will also be running a pre-pilot intervention at Downshall Primary School starting 27th of April. One of the TEPs from our partnership with Tavistock University will be joining the REWT team to adapt the intervention for SEND students. We are looking forward to keeping those bodies moving!



SMHL'S

As you may have heard...we now have approval for our **Senior Mental Health Lead (SMHL)** training from the DoFE! We have been running our SMHL training since 2019, so are very excited to get it back off the ground now that we have returned to some sense of normality. We are currently finalising a few details, ready to start training again in the summer term. If you are interested in training a senior mental health lead and want some further information please do have a read (Senior mental health lead training - GOV.UK (www.gov.uk)) or drop the REWT team an email.

For our SMHL's who are already trained, it is imperative that you register and attend our supervision sessions! We have had a low sign up rate this term, which has unfortunately resulted in a few supervision sessions being cancelled. These have been postponed until next term and we also have some exciting new sessions in the works, so make sure you register so you can take part!

Team Updates

Find us on Social Media!



If you haven't already, turn your notifications on for our YouTube channel! We have a couple of exciting videos on the way in the next couple of weeks, so keep your eyes peeled!

Also, if there is something you would like to see on our YouTube, don't hesitate to share your thoughts by sending an email to REWT@Redbridge.gov.uk

YouTube Channel: **Educational Psychology REWT**

Don't forget to subscribe!