



DRAFT ANNUAL REPORT

8 December 2017

I. Formation of a charity

1. The decision to initiate the founding of a charity arose following the very sad and untimely deaths by suicide of year 11 pupils Harry Lisle in Autumn 2016 and subsequently Rachel Finke in early 2017. After Harry's death a number of his friends started to fundraise for a bench and a tree in his name. Harry's mother Rose White, a governor of the Stoke Newington School, took a proposal to the Headteacher Annie Gammon. It was suggested that via the school, a new charity could be set up to use the funds for improving mental health practice in the community and at the same time commemorate Harry and Rachel. Sarah Finke, Rachel's mother, was invited to participate in the group. Michael Collins, head of year for Year 11 at the time, offered strong support.

2. The proposed charity therefore commemorates Harry and Rachel. Its aims are to raise funds to:

a. Encourage and enable the support of positive mental health and wellbeing of students in Stoke Newington school, through education and awareness raising for all

b. Enable Stoke Newington School to be a centre for positive mental health awareness for young people, schools and those connected with education.

3. Currently, the proposed trustees of the charity are: Annie Gammon, Michael Collins, Rose White and Sarah Finke. Trustee meetings have taken place on 5th January 2017, 2nd February 2017, 27th April 2016, 5th June 2017, 29th September 2017, 13th October 2017, 17th November and 8th December.

II. Activities of the charity in 2017

4. A bench and tree were installed in Clissold Park in Harry's memory on 8th February 2016.

5. Alice Deacon from Young Hackney joined the trustees at their meeting on 27th April. She presented the available services and the trustees discussed ways to take this forward with Year 11 pupils, with particular emphasis on potential summer activities for vulnerable leavers.

6. On 30 April 2017 staff members Mr Hershkowitz, Mr Kelly and Ms Gammon ran the Hackney half marathon, raising money for the charity via the Justgiving fundraising site.

7. Starting from 23rd May, a parents' "Thinking Space" group completed five sessions together, facilitated by the Tavistock Clinic and funded by the charity. A session for staff also took place.

8. Peer listening training sessions took place in June, facilitated by Catch 22 and funded by the proposed charity. Thirty students between 13 and 15 attended a 2-day programme of training, delivered to 2 groups. The training included effective communication skills, safeguarding/child protection awareness, knowledge of how and when to signpost issues, techniques for building positive self-esteem and anti-bullying awareness. The programme has been soft-launched (listeners have been available at breaks and lunchtimes in Room C02) with plans in place for further sessions and outreach to improve take-up. More peer listeners are currently being sought for the next training.

9. Following a discussion by the trustees, On 6th June a one-off session was held for Year 11 parents on how to support pupils through their GCSE exams.

10. Year 11 tutor group mementos were produced, as a morale-boosting exercise, and given to the pupils on leaving, on 27th June.

11. On 10 July 2017, Reggie Dabbs (Hill Song Church), an empowering and inspirational speaker, addressed Years 7-10, having already spoken to Year 11 pupils in the Spring Term. This work is provided free, but an appropriate donation was agreed.

12. The reflective garden project commenced. Pupils were involved in ideas for playground redevelopment, of which reflective garden is one part. An award-winning designer came up with plans and over the summer holidays, a community clearance day took place, where volunteers came to work on the quiet space in the school garden. A furniture designer has agreed to give time to make furniture for and to project-manage the garden project with possible links to design and technology made, to include pupils in its construction. Hard landscapers have been identified.

13. Sessions were offered for school leavers over the summer period, but take-up was poor.

14. In September, three staff members attended mental health first aid training organised by the DfE, and plans are in place to extend this training throughout staff. We are aiming to train all senior leaders in MHFA and all staff will get an hour's presentation/light-touch training.

15. Links to the Amy Winehouse Foundation have been made. Their drugs and substance abuse survey, an anonymous questionnaire, has been used to assess and feedback on use and knowledge of substances, as well as depression and take up of school counselling. Research has been taking place and links made with other charitable associations e.g. Stem4, MIND, and Papyrus. A visit was also made to the Magna Carta School, to assess if good practice examples could be learned from.

III. School Initiatives

16. Several school initiatives that either complement the charity's work or that emerged from trustee discussions, took place over the period. These were:

a. A confidential 'post box' for children to anonymously inform teachers of peers they are concerned about, was set up.

- b. Noticeboards with information on it to inform the school community about helplines and other resources were put in place.
- c. Tutor group sessions to support all children were held, and year group meetings were organised to discuss concerns with children. Feedback from pupils was examined and a termly cycle of tutor groups set up. Pupil's suggestions have been taken up.
- d. A rolling programme of fortnightly assemblies and follow up via tutor group sessions on selected wellbeing topics continues (e.g., self-esteem, diversity, religious tolerance, caring, giving etc.)
- e. A "time to talk" day has been scheduled for 1st February 2018, on the topic of mental health discrimination.
- f. Special assemblies focusing on wellbeing were organised from September 2017.
- g. Regular parents' forums are being held with different areas of focus.
- h. The school improvement plan has set specific targets for wellbeing, ensuring that the school's ethos is to be high achieving but also caring, with wellbeing as a high profile.
- i. The school has systematised its offer to clarify and ensure what pastoral support must be available for every pupil – and also what its extended offer is, for students with priority needs. Work on this continues.
- j. Pastoral staff numbers were increased over 16/17 to support the school community.
- k. Links with NHS and additional services were made or improved, including with CAMHS, and meetings took place with Homerton Hospital. The head teacher has now been invited officially to participate in Hackney Council's safeguarding bodies.

IV. External support

17. In response to concerns about young people's mental health in the area, a short visit by local MP Diane Abbot, alongside the leader of the opposition MP Jeremy Corbyn, took place on June 23rd; the visitors met with staff and discussed ways to improve practice. The visit had a morale-boosting effect for pupils.

V. Immediate priorities

18. Developing the charitable status, logo and name/identity are immediate priorities, with consultation with pupils planned.

19. Strategies to increase parental involvement, including Football for Fathers and Turkish parents, are in place and events are scheduled.

20. Concrete discussions have been held with the Anna Freud Centre, a child mental health research, training and treatment centre, about a future research project. This would consist of a measuring wellbeing in schools project, which will assist school leaders make use of school data to identify mental wellbeing needs of students and to determine how best to address them. Years 7 and 9 are likely to be surveyed.

21. A proposal for a SNS conference on mental health best practice has been agreed, and a conference date identified, 24th March 2018. Conference planning is a priority.

22. Work on hard landscaping for the reflective garden is scheduled in early 2018.

IV. Ongoing strategy and work programme

23. The following (see overleaf) areas for future planning and activities have been identified. A strong emphasis on impacting on the wider school community and the local community more holistically has been agreed, and an in-principle agreement is in place that this is likely to mean searching for additional trustees of the charity as well as the identification of specific areas of expertise.

24. The trustees envisage that the school will develop a toolkit of effective ways of improving mental health in the school and in the broader community and that this methodology will be shared with other schools in the area and further afield.

ACTIVITIES PLAN

1

INCREASE POSITIVE MENTAL HEALTH VIA AWARENESS & EDUCATION

- Get feedback from pupils and parents
- Change staff messaging about grades/targets etc, make these appropriate. Examine language used
- Running parents support group – large overview for many, smaller in-depth focus for some.
- Wellbeing focus week – tie in creativity days
- Long term structure or student voice for groups at key times – year 11, years 12/13, vulnerable groups
- Social media self management – focus input on students and parents
- Have a long-term training cycle for all staff
- Up to date and relevant noticeboards
- Football for fathers
- Peer listeners
- MHFA for school and for students
- Have a schools voice on the children and health boards in the borough
- Encourage staff to use garden area for walking meetings

TUE

2

BE A CENTRE FOR MENTAL HEALTH AWARENESS

- Accreditation
- Hold conference
- Publicity. Local press – success so far. Radio 4 vox pop
- Research project with A-space
- Produce report on stressors

3

FUNDRAISE

- Sponsored walk – link health to wellbeing
- Auction (envelope bids and fixed price so as not to exclude)
- Involve P.T.A. in fundraising and gardening etc. links across community
- Fundraising dinner

4

COMMEMORATE

- Launch “quiet” garden
- Revamp whole Year 7 playground area
- Encourage community use of garden