Family Links the Centre for Emotional Health offers a whole school approach to developing the emotional health and wellbeing of pupils, staff, senior leadership, governors, parents and carers. We deliver parallel programmes for the whole school community through practical, interactive workshops and resources for staff, a social-emotional learning curriculum for pupils, and training to deliver our parenting programmes. Our ongoing consultation over the first year of partnership with senior leadership ensures that school teams can embed the changes in an empowering, sustainable way.

**OUR PROGRAMMES**

- **Developing Emotional Resilience.** In this practical and interactive training for all school staff, strategies are explored and practised by working through examples from daily life in school.
- **Staff CPD sessions** throughout the year, covering a wide variety of topics including staff wellbeing and emotional health, managing difficult feelings, and responding to challenging behaviour.
- **A 10-week Social-Emotional Learning Curriculum** to deliver in primary schools based on the Nurturing Programme, covering topics such as managing difficult feelings as well as choices and consequences.
- **An online module in Mental and Emotional Health in Schools: Effective Strategies and Support.** This course covers how to recognise and respond to signs of poor mental health, understand boundaries and professional responsibilities, and provides strategies to support the emotional health of staff.
- **Training for relevant staff to deliver the Family Links 10-week Nurturing Programme** to parents as well as programmes for parents of early years children and teenagers.
OUR IMPACT

“We continue to invest in Family Links because quite simply it works. We want children to leave school reading and writing and with basic number skills, ready for secondary school. Family Links gives them the opportunities, self-belief and confidence to do that. It creates an arena where it’s safe to learn. Family Links is about nurturing the staff, nurturing the community, wanting the best for them. That’s why Family Links is different to other programmes; it focuses on the adult as well as the child. It makes teachers realise you’ve got to be in a good place within yourself if you’re going to try and get the best out of children.” Francis Murphy, Headteacher, Milton Keynes

“We have been avid Family Links supporters for five years. More than a hundred of our parents have done the Nurturing Programme and another hundred and fifty the Parenting Puzzle. We have parents asking us to run programmes all the time. The impact has been great. It has fostered a sense of community in our parents. It supports our parents to take a consistent approach aligned with our approach in school and it has helped many of our parents to build their own confidence. Importantly, it has helped us to build relationships with our families and has supported strengthening home-school relations.” Ed Vainker, Headteacher, Reach Academy London

Embedding our whole school approach in three schools in Oxfordshire:

• After a year of working in partnership with Family Links, 55% of staff showed an improvement in their mental wellbeing and 69% showed an improvement in their social-emotional competence.
• Staff felt the practical strategies learnt had a tangible positive impact on their interactions with pupils.
• After attending a Family Links parent group at the school, 81% of parents reported an improvement in their mental wellbeing and 75% felt more confident as parents.
• 69% of parents reported an improvement in their engagement with the school.
• 75% of parents reported a decrease in the amount of anger and shouting at home.
• Staff observed positive changes to pupils’ emotional health, with children more able to reflect on and describe their emotions in challenging situations.

The support that the children receive through their everyday interactions with staff, parents and through the social and emotional learning curriculum fosters a healthy learning environment:

“[It’s] really positive in that the children are getting a consistent message right from when they are four to when they are eleven and it’s also being backed up by those parents who came along to a parenting course. And it feels safer for them because they know that the reactions are the same” Teacher, Oxford

“[the children are] a little more able to name how they’re feeling and actually put that label to it…. they’re more reflective and able to come back and say, well, I was actually really angry about this; rather than close down and carry it on.” Teacher, Oxford

“Family Links helps you to express your emotions and it helps you to feel better... It helps you learn” Emily, Student, Oxford

Find out more at www.familylinks.org.uk/at-school