

The Education Alliance Trust

Mind in Education

Summer 2024-2025

Primary Schools Report



Student Intervention Data

FOCUSED INTERVENTIONS							
Description	Hunsley Primary	North Cave Primary	Wilberfoss Primary	Howden Primary	Naburn Primary	Beverley Minster Primary	Whole Trust Attendance
1-1 wellbeing drop in sessions	20 Students 110 Sessions	17 Students 107 Sessions	12 Students 76 Sessions	22 Students 105 Sessions	7 Students 22 Sessions	17 students 59 sessions	95 Students 479 Sessions
Pupil Resilience Programme			47 Students 9 Sessions				47 Students 9 Sessions
Wellbeing Ambassador Training		5 Students 2 Sessions	6 Students 1 Session				11 Students 3 Sessions
ELSA Exploring Changes 1-1 support					6 Students 35 Sessions		6 Students 35 Sessions
SCHOOL WIDE INTERVENTIONS							
Workshop – How to have a conversation about mental health							
Workshop - Transition & self-care	30 Students 1 Session	14 Students 1 Session	30 Students 3 Sessions	75 Students 3 Sessions		44 students 2 Sessions	193 Students 10 Sessions
Workshop - 5 Ways to Wellbeing			52 Students 2 Sessions		15 Students 1 Session		67 Students 3 Sessions
Workshop - Self-Esteem, Confidence							
Assemblies							
Wellbeing events (e.g WAT lunchtime clubs, mindful colouring)	29 students 6 sessions	53 Students 4 Sessions	149 Students 9 Sessions	7 Students 2 Sessions		70 Students 11 Sessions	308 Students 32 Sessions
Totals for School	79 Students 117 Sessions	89 Students 114 Sessions	296 Students 100 Sessions	104 Students 110 Sessions	28 Students 58 Sessions	131 students 72 sessions	727 Students 571 Sessions

Feedback

When the students were asked, “How much has your mental health improved since receiving the support”, 100% reported that their mental health had improved by at least 50%.

100% of students gave the support that they received at least a 8 out of 10 when asked to give the intervention a score. 33% of students asked, scored the intervention they received a 10 out of 10.

When asked, “What has helped you the most?”, the students said the following: -

“Learning to appreciate people a lot more and not taking things for granted. Also, chatting about different things that have happened”

“Boundaries & confidentiality”

“Learning to take notice of others”

“Sharing happy memories helps to calm me down”

“Talking about stuff”

The following feedback was received from the students: -

“You made me feel confident about my first day at High School”

“I am now less nervous about High School”

“It made me understand things better”

“It taught me how to take care of my mental health”

Feedback was received from those students who attended workshops.

- When asked, ‘Did you enjoy the Workshop?’ - 52% of the students replied, ‘Yes, it was brilliant’.
- When asked, ‘How useful have you found the Workshop?’ - 43% of the students replied, ‘A little bit’.
- When asked, ‘Since the start of the workshop, do you feel better about things?’ - 40% of the students replied ‘Yes, much better’.

Parent & Caregiver Intervention Data

FOCUSED INTERVENTIONS							
Description	Hunsley Primary	North Cave Primary	Wilberfoss Primary	Howden Primary	Naburn Primary	Beverley Minster Primary	Whole Trust Attendance
1-1 wellbeing drop in sessions							
SCHOOL WIDE INTERVENTIONS							
Anxiety skills workshop							
Self-esteem & confidence support							
Workshop - How to have a conversation about mental health							
Parent's evening/meeting	3 PCG 3 sessions	2 PCG 2 Sessions	2 PCG 2 Sessions				7 PCG 7 Sessions
Wellbeing events							
PCG conversations							
TOTAL	3 PCG 3 sessions	2 PCG 2 Sessions	2 PCG 2 Sessions				7 PCG 7 Sessions

Parent & Caregiver Feedback

No parent/caregiver requested support this Summer term. The Mind in Education team are working closely with the HEY Mind Mental Health Promotions team, to discuss how this service can sit alongside the MIE service to offer support to parents/care givers moving forward. Mental Health Promotions offers low level mental health support to all adults aged 16+ who reside in the East Riding area.

Staff Intervention Data

FOCUSED INTERVENTIONS							
Description	Hunsley Primary	North Cave Primary	Wilberfoss Primary	Howden Primary	Naburn Primary	Beverley Minster Primary	Whole Trust Attendance
1-1 wellbeing drop in sessions	2 Staff members 3 Sessions						2 Staff Members 3 Sessions
Staff meetings	2 staff members 3 sessions	4 Staff Members 3 Sessions	1 Staff 3 Sessions				7 Staff members 9 Sessions
SCHOOL WIDE INTERVENTIONS							
Workshop - How to have a conversation about mental health							
Workshop - Staff workplace wellbeing							
Wellbeing events							
TOTAL	4 staff members 6 sessions	4 Staff Members 3 Sessions	1 Staff Members 3 Sessions				9 Staff Members 12 Sessions

Staff Feedback

One staff member who is moving house and job said, "I am very grateful for this opportunity to talk about my thoughts and discuss them with you".

Another staff member said, "I've done this! You have helped me by listening to me, I never imagined that I would do this".