

The Education Alliance Trust

Mind in Education

Summer 2024-2025

Secondary Schools Report



Student Intervention Data

FOCUSED INTERVENTIONS						
Description	Driffield School	Snaith School	Malet Lambert School	South Hunsley School	The Hub	Whole Trust Attendance
1-1 wellbeing drop in sessions	38 Students 120 Sessions (57 DNAs)	35 Students 97 Sessions	8 Students 13 Sessions	16 Students 35 Sessions (21 DNAs)	9 students 55 Sessions (22 DNAs)	106 Students 320 Sessions
Pupil Resilience Programme				5 Students 1 Session		5 Students 1 Sessions
Wellbeing Ambassador Training	9 Students 2 Sessions			22 Students 2 Sessions		31 Students 4 Sessions
Big Umbrella 1-1 support	7 Students 16 Sessions (10 DNAs)		20 Students 68 sessions (18 DNA's)	13 Students 34 Sessions (10 DNAs)		40 Students 118 Sessions
SCHOOL WIDE INTERVENTIONS						
Description	Driffield School	Snaith School	Malet Lambert School	South Hunsley School		Whole Trust Attendance
Workshop – Recognising abuse in relationships			7 Students 2 Sessions			7 Students 2 Sessions
Workshop - Transition & self-care		179 Students 6 Sessions				179 Students 6 Sessions
Workshop - 5 Ways to Wellbeing						
Workshop - School Life & Exam Stress						
Workshop - Self-Esteem, Confidence	155 Students 11 Sessions		8 Students 2 Sessions			163 students 13 Sessions
Workshop - Resilience & Adult Life			24 Students 5 Sessions			24 Students 5 Sessions
Workshop – About Anxiety	80 Students 12 Sessions	158 Students 6 Sessions				238 Students 18 Sessions
Totals for School	289 Students 161 Sessions	372 Students 109 Sessions	67 Students 90 sessions	56 Students 72 Sessions	9 students 55 Sessions (22 DNAs)	793 Students 487 Sessions

Student Feedback

Across the whole trust, 27% of students who were asked to score the service they received out of 10 scored the service 10 out of 10. All students who were asked scored the service 5 or more out of 10.

When asked about the workshops, students said that the following had helped them the most: -breathing in difficult situations

- helps understanding and getting to know people better
- do what makes me happy and feel safe
- going through scenarios and discussing the best things to do/say
- how to make people feel listened to and how mental health can be good and bad
- helping people
- I have learned how to deal with my anger It is okay not to be okay and It is okay to talk about my feelings
- I have learnt that I'm not the only person who thinks the way I do, I know that i am not alone
- talking was more helpful than any advice I've gotten from others, I think depending on the person it's better to talk about things I've struggled with talking but now I'm okay.

Most students reported enjoying the following: -

- at the start when we talk about how I've been doing
- getting to keep the booklets to remind myself of the sessions
- meeting new people so I know I'm not the only one struggling
- spending time with people and learning how to help myself and others

81% of students who were asked reported that their mental health had improved by 50% or more. 21% of students said their mental health had improved by 90%.

The feedback received from the workshops delivered across the Trust in the Autumn term reported that, on average, the workshops were scored 7.1 out of 10.

When asked how useful the students have found the workshop, the average score was 6.7 out of 10. In addition, when asked how confident students are that they can now look after their own mental health (after attending the workshops, the average score was 6.6 out of 10.

Some feedback received from the workshops was as follows: -

“It was quite useful with learning about confidence (self esteem & confidence workshop)”

“Learning words that could lead to low self esteem (self esteem & confidence workshop)”

“Helped me understand my confidence (self esteem & confidence workshop)”

“Helped me understand myself more and learn to forget what others think and be me (About anxiety workshop)”

Parent & Caregiver Intervention Data

FOCUSED INTERVENTIONS						
Description	Driffield School	Snaith School	Malet Lambert School	South Hunsley School	The Hub	Whole Trust Attendance
1-1 wellbeing drop in sessions						
SCHOOL WIDE INTERVENTIONS						
5 W2W webinar				6 P&CG 1 session		6 PCG 1 Session
Self-esteem & confidence support						
Workshop - How to have a conversation about mental health				16 P&CG 1 Session		16 P&CG 1 Session
Parent's evening/conversations	50 P&CG 2 sessions	1 P&CG 1 session		1 P&CG 1 Session		52 P&CG 4 Sessions
Wellbeing events						
TOTAL	50 P&CG 2 sessions	1 P&CG 1 session		23 P&CG 3 Sessions		74 P&CG 6 Sessions

Parent & Caregiver Feedback

Have had feedback from a parent at South Hunsley stating that thanks to MiE and Social Prescribers her son's mental health is improving and he is able to attend school again – the student was at risk of being asked to leave sixth form due to attendance.

One parent that was spoken to at parents evening said “it's great to be opening up a discussion not just for yourself but also to identify issues with others”

Another parent of student being supported by MiE said at parents evening they feel the support has been beneficial because it is supporting what they are telling her at home, but also giving her the chance to talk about what is going on for her with someone independent of school.

Staff Intervention Data

FOCUSED INTERVENTIONS						
Description	Drifffield School	Snaith School	Malet Lambert School	South Hunsley School	The Hub	Whole Trust Attendance
1-1 wellbeing drop in sessions		1 Staff 7 Sessions	5 Staff 5 Sessions	1 staff 5 sessions (4 had no one attend)		7 Staff 17 Sessions
Staff meetings	1 Staff 1 Session			3 Staff 3 Sessions		4 Staff 4 Sessions
SCHOOL WIDE INTERVENTIONS						
Workshop - How to have a conversation about mental health						
Workshop - Staff workplace wellbeing						
Wellbeing events						
TOTAL	1 Staff 1 Session	1 staff 7 sessions	5 Staff 5 Sessions	4 Staff 8 Sessions		11 Staff 21 Sessions

Staff Feedback

Mind in Education staff members attended the TEAL conference and received following feedback: -

"It has been a huge help having you here supporting our students"

"Thank you for all the hard work you put in for our students, your support makes a huge difference"

"You are a real asset to us and I am so grateful for your input and assistance to our students"

"Thank you so much for all of your help with the Year 12 students – it is much appreciated by both myself and the students you have helped with"

"Thank you for all the support you have given to the students"