

United Against Bullying School Case Study: Staff training in trauma

How Lakeside Primary trained staff on trauma and the affects that this may have on our pupils

Context of our anti-bullying work

Lakeside Primary is a special educational needs school that supports our pupils varying needs. We are a small school. For the past two years we have taken part in ABA's anti-bullying programmes and for this academic year we have aimed to build upon our previous successes. For this academic year we wanted to focus on our pupil's mental health and educating our staff on trauma/ adverse childhood experience (ACE's).

What we hoped to achieve

- To train our staff on trauma and the affects that this may have on our pupils.
- We wanted our staff to be able to understand the effects of trauma around bullying and how to spot the signs that our pupils may be vulnerable.
- We then wanted to transcend this knowledge from our staff to our pupils so that they had a better understanding of how they are feeling and who to talk to if they were worried.

The action we took

- We had two INSET days, one at the start of the academic year which helped our staff to gain a better understanding of trauma and ACE's.
- In January, we held another INSET day on trauma with our clinical team helping our staff to learn how our pupil's mental health has a major impact on their school day and the possibility that they may being bullied in or outside of school.
- We recently had a 'Mental Health' week in school that raised awareness for our pupils and parents/guardians.

Impact and outcomes of the work

- Staff have a deeper understanding of ACE's and trauma.
- Staff know how to support our pupils and actively run meetings around pupils that be 'at risk' or are concerned about.
- Through our 'Mental Health' week our pupils are now knowing about their emotions and how they can influence their peer's emotions through their actions and behaviours.
- Parents/Guardians are now more aware of what signs to look out for regarding their child's mental health and know they can contact school if they are concerned.

- We hope to build on the momentum that we have generated this academic year and start to offer our school council the opportunity to create a mental health awareness initiative.

What we have learned

Understanding mental health of not just our pupils but our staff members has been really important to support all our individuals within our school.