Education Update
The OLLIE Foundation

In this newsletter, you'll find an overview of the programmes and support OLLIE can deliver for staff, students and parents & carers. Please use the contents section below to quickly jump to the sessions most relevant to you and your school community.

Contents

Page 2

Empowering Conversations - Awareness talk for Whole School Staff
A clear starting point for understanding suicide prevention and how it fits into everyday school life.

Page 4

Safeguarding & Mental Health: Supporting Staff with Confidence - A specialist guided workshop for designated safeguarding leads and pastoral staff
The session focuses on strengthening confidence and consistency when responding to complex pupil needs.

Page 5

School Crisis and Bereavement Support - A specialist 1:1 Guidance for the whole school community
Supporting schools through crisis following the sudden death of a member of their community, most often where the death is suspected to be suicide.

Page 6

ASIST - Applied Suicide Intervention Skills Training for up to 30 staff
An immersive 2 day, in person course designed to equip staff with skills knowldge and insights to suppport individuals with thoughts of suicide.

Page 7

Resources - free and available to download to support your school
Guidance for Educational Settings Following a Suicide or Sudden Death, Safe Plan, YouTube Panel Events

Page 8

Fundraising
If you would like to organise a fundraising event to help raise awareness and vital funds in support of our work, we would love to hear from you.

empowering conversations

creating a suicide aware community

Booking details

Delivery: In person
Audience: Whole Staff
Duration: 90 mins
Cost: Price available on request
Booking Enquiry:
joanna@theolliefoundation.org

Suicide Prevention in the RSHE Curriculum

The inclusion of suicide prevention in the Relationships, Sex, and Health Education (RSHE) curriculum from September 2026 marks a significant step forward in supporting student well-being. By addressing this sensitive topic, educators can play a pivotal role in equipping students with the knowledge and resilience needed to navigate mental health challenges.

The Role of Educators
Educators are on the frontline of fostering a supportive environment for students. It is crucial for them to feel confident and prepared to discuss suicide prevention in a manner that is both informative and sensitive.

How The OLLIE Foundation Can Help
OLLIE can deliver a bespoke 90-minute suicide prevention and awareness session for your staff, tailored to your school's needs. This can be offered as part of an INSET day or as a twilight session, providing staff with practical guidance, age-appropriate strategies, and the confidence to support young people effectively.

Additionally we can deliver a smaller more focused session, **Safeguarding & Mental Health: Supporting Staff with Confidence** for the Safeguarding Leads to consider the policies in place and updates required.

Building a Supportive Environment
By integrating suicide prevention into the RSHE curriculum, schools have the opportunity to create a more informed and supportive community. This not only benefits students' mental health but also fosters a culture of understanding and empathy.

Next Steps
If you would like to enquire about this session for your school please email **joanna@theolliefoundation.org**

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ONE LIFE LOST IS ENOUGH

Feedback from our Empowering Conversations talk at STAGS in February.

“I wanted to write to thank you both sincerely for the exceptional training morning you delivered at STAGS on 13 February.

The session was incredibly powerful and thoughtfully structured. The way you guided colleagues through key aspects of suicide awareness and prevention - including appropriate and compassionate language, the historical and legal context, risk factors and warning signs - gave real depth and clarity to what is such a sensitive and important area. The practical focus on how to respond supportively, create safety plans and engage in real world conversations through case studies made the learning tangible and immediately applicable. The structure of the morning worked brilliantly and every element built colleagues’ confidence and understanding. The signposting to relevant support services was particularly valuable, ensuring colleagues left not only more informed but better equipped: the impact on staff was considerable.

Your use of Mentimeter allowed colleagues to contribute openly, giving them a real sense of agency and ensuring that all voices felt heard; afterwards, a number of colleagues spoke about how heard and supported they felt - which is so important given the sensitivity and significance of all we learned. Thank you also for taking the time to speak with individual colleagues at the end of the session.

The reassurance and care you both offered, across all different roles in the school, was very thoughtful. What stood out most from the morning was the warmth and respect throughout your delivery. It was clear how much care and expertise you brought and colleagues were completely engaged, listening to your every word. There were so many practical, thoughtful and supportive strategies shared that staff have already begun referencing in conversations.

Thank you again for such an amazing morning. We are very grateful for the work you do, and I am very much looking forward to welcoming you back to STAGS for the next session.”

Paul Kershaw
Headteacher, St Albans Girls’ School

Booking details

Delivery: In person
Audience: DSL Leads & Pastoral
Duration: 90 mins
Cost: Price available on request
Booking Enquiry:
joanna@theolliefoundation.org

Safeguarding & Mental Health: Supporting Staff with Confidence

A specialist workshop for school staff with safeguarding and mental health responsibilities, including Designated Safeguarding Leads and Deputies. The session focuses on strengthening confidence and consistency when responding to complex pupil needs.

Using an anonymised real-life case scenario, participants will explore how school policies and procedures guide decision-making in practice. The discussion will highlight the important link between mental health support and safeguarding duties, encouraging reflective thinking and professional curiosity in real-world situations.

Key themes:

- **Recognising early signs of concern and responding appropriately**
- **Applying safeguarding and mental health policies in complex cases**
- **Recording, information sharing, and escalation**
- **Keeping the Young Person's voice at the centre of all actions**
- **Working collaboratively within school and with external agencies**

The 90 minute session will provide a safe and supportive space for professional discussion and shared learning. Staff feedback highlighted increased confidence and a strengthened understanding of how to respond thoughtfully and proportionately to mental health concerns within a safeguarding framework.

If you'd like to find out more and how this training can support your staff team, email us at **joanna@theolliefoundation.org**

School Crisis and Bereavement Support

Booking details

Delivery: In person
Audience: Whole School
Duration:
Crisis Response for staff - 1 day
Bereavement Support - variable
Cost: Fully Funded
Booking Enquiry:
joanna@theolliefoundation.org

Since joining The OLLIE Foundation in August, Maria Nastri brings over 20 years' experience supporting schools through crisis following the sudden death of a member of their community, most often where the death is suspected to be suicide.

Working alongside Educational Psychologists and Safe Space teams, Maria supports schools and local communities by offering informal, supportive spaces where grief and loss can be explored safely. Whilst bereavement in itself is not a direct cause of mental health difficulties, enabling young people to process grief and loss alongside others, particularly following complex bereavements, plays a crucial role in reducing isolation and supporting emotional wellbeing.

These spaces allow young people to ask difficult questions, share experiences, and come together with peers who have experienced similar loss, helping them feel understood and supported.

This approach complements existing school support systems and helps schools respond compassionately and confidently, while keeping the emotional needs of young people at the centre.

Similar reflective spaces are also available for teaching and support staff, recognising that staff wellbeing is integral to effective safeguarding and emotional support. Supporting the mental health of adults within the school community strengthens their capacity to respond compassionately, consistently and confidently to vulnerable young people, particularly during times of crisis.

To learn more about how we can help you support your school community, email us at j**oanna@theolliefoundation.org**

ASIST

Applied Suicide Intervention Skills Training

Booking details

Delivery: In person
Audience: Up to 30 Staff
Duration: 2 days
Cost: Price available on request
Booking Enquiry:
joanna@theolliefoundation.org

ASIST (Applied Suicide Intervention Skills Training) provides an immersive 2 day in-person experience. It's meticulously designed to equip you with the necessary skills, knowledge and insights to help support individuals who may be vulnerable to suicidal thoughts or behaviours and signpost them towards appropriate support.

ASIST Explores:

- the suicide statistics in the UK, offering insights into the prevalence of suicide today
- film of real-life scenarios in which doctors, police and social workers share experiences of suicide crisis situations, illustrating the challenges faced by professionals in the field
- the possible signs, signals, or invitations that may indicate that an individual is at risk of suicide
- how to effectively steer individuals towards networks of support, services and resources to ensure they stay safe for now until they can receive professional help
- roleplay exercises to allow delegates to participate and practise the Pathway technique, guiding individuals at risk from crisis to safety.

In April, we delivered a 2 day ASIST course (Applied Suicide Intervention Skills Training) at Bishop's Stortford College to 19 members of staff. The OLLIE Foundation previously delivered our Empowering Conversations awareness talk at the college in January, and we're delighted this has now been followed up with ASIST for a number of the staff.

If you would like to find out more about ASIST please email joanna@theolliefoundation.org or visit the page on our website:

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Resources

Please feel free to download the following resources...

We offer schools a wide range of free resources, that can be accessed via our website:

Guidance for Educational Settings Following a Suicide or Sudden Death is a comprehensive document that will support you to create policies and procedures for your setting to refer to in the event of a suicide or sudden death in your community.

A Safe Plan can play a vital role in keeping someone safe when they are feeling distressed or thinking about suicide, and can be used to record what they can do should their well-being deteriorate, or to prevent deterioration.

OLLIE's Panel Events
Throughout the year we are hosting a series of panel discussions exploring difficult and often unspoken issues affecting young people today, including mental health, emotional wellbeing, online pressures and help-seeking. These events aim to create a safe, informed and supportive space for open dialogue, reducing stigma and encouraging early support. Find out more **here.**

Coming to you this June…
A downloadable comprehensive toolkit designed to support the safe, confident, and effective delivery of suicide prevention lessons in schools.

Fundraising and Thanks

A Big OLLIE thank you to all the schools, students, and families who've supported us - from hosting OLLIE training and assemblies to choosing us as your charity of the year. Your efforts help build suicide-aware, safer communities.

We want to say a special thank Jacob James, a teacher from STAGS, who completed a fundraising challenge during the Easter holidays by running the length of the Cornish Coast.

If you want to organise a fundraising event to help raise awareness and vital funds in support of our work, we would love to hear from you. From bake sales and raffles, to creative classroom challenges, there are so many fun and engaging ways to get involved. Whether it's a one-off event or part of a bigger school initiative, every effort makes a difference.

We're here to help with ideas, resources, and everything you need to make your fundraiser a success.

Contact us: contactus@theolliefoundation.org

Help and Advice

If you are looking for non-urgent help and advice, please head to our website where you can find help guides.

We also have a section for Educators.

While we don't run a crisis or helpline we can signpost you to appropriate help here.

If you need immediate assistance, we can connect you with organisations that specialise in urgent help here.

Visit our website here.

contactus@theolliefoundation.org

Follow us on Instagram here.

Follow us on Facebook here.

Connect with us here.

Visit our YouTube channel here

About us..

Our expertise in education and prevention is at the heart of everything we do.

At **The OLLIE Foundation,** our team brings deep, practical experience from across education, mental health, and community services. **Maria Nastri** draws on over 20 years in children’s mental health, including delivering counselling and therapeutic support services in schools and shaping county-wide provision, ensuring prevention and well-being are embedded early. **Jo Cakmak** brings more than 25 years in education, including senior leadership roles, with an exceptional understanding of school environments, safeguarding and staff and pupil wellbeing. **Vicky Gutteridge** complements this with her strong background in education, training, bereavement support and community-led work, ensuring lived experience informs everything we do.

Together, our team combines strategic insight, frontline educational experience and compassionate practice, placing us in a strong position to support schools, educators and young people with meaningful, preventative well-being and suicide prevention work.