

FAO: The Headteacher	For Action	For Information	Meeting/Event
All Schools		√	

13th July 2022

Dear Colleague

Introducing [SPOT \(Schools Professionals Online Training\) for Eating Disorders](#)

The numbers of children and young people with eating disorders has increased dramatically in recent years. There is strong evidence that the earlier an eating disorder is detected, the better the outcomes. It is really important that those working with children and young people are able to spot the signs of an eating disorder and provide early support.

I would like to make you aware of a **free** online training platform for professionals working in schools developed by BEAT Eating disorders.

[SPOT](#) intends to provide those working with school-age children with the support they need to recognise an eating disorder, make an early referral to treatment, and support pupils with eating disorders through their recovery journey. The platform includes interactive e-learning modules and PSHE lesson plans, downloadable resources, and spaces to talk with other school professionals and trained clinical advisors

More information about the platform is below. You can sign up for a free account [online](#).

What can I do on SPOT?

By accessing SPOT, you will be taught how to notice the early signs of an eating disorder, talk to a pupil exhibiting them, engage their families, and support them to seek medical assessment. The online platform encompasses different features including:

Learn – Gain key skills to give your pupils the best possible support through bite sized interactive e-learning modules and our webinar videos delivered by our expert clinicians. There are downloadable resources in the form of lesson plans and access to school policies.



Meet – Speak with other school professionals and interact with trained clinical advisors in weekly Q&A sessions and forum channels hosted by clinicians and lived experience trainers.

Engage – Share and gain knowledge from an online community designed to support learning through role specific workspaces and a resources section with helpful videos, podcasts and articles that have been shared.



Please consider who in your school would most benefit from accessing SPOT and support them to sign up for an account. This may be the Senior Mental Health Lead, Designated Safeguarding Lead or Pastoral Lead.

If you have any further questions or would like to talk to me about how we can best support you to develop your whole school approach to emotional health and wellbeing, please contact me using the details in the letter header. I am newly in post and very keen to hear and learn from schools.

Yours faithfully

TANYA PROCTER

Joint Commissioner, Health and Wellbeing in School