

# **Mental Health & Wellbeing in Schools**

## **Whole School Approaches**

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Striving for excellence



# 8 Principles of Public Mental Health

1. Leadership & Management
2. School Vision and Environment
3. Staff Development & Wellbeing
4. Curriculum & Social & Emotional Learning
5. Student support and pupil voice
6. Measuring and monitoring
7. Working with parents/ carers
8. Targeted Support

# Benefits of the Audit

- It helps the students!
- It helps you know how to support your students
- It helps you support the adults, who themselves need help so they are OK to be in school
- As schools we are aware of the problems in our community, and this audit helps us know what we are already doing. It's really affirming.
- It helps us target our response so we are effective.

# Links to OFSTED

- There are links with all judgements in OFSTED, especially:
  - Leadership and Management
  - Spiritual, Moral, Social and Cultural Development
  - Behaviour & Attitudes
- Doing the audit means you will have all the evidence to hand if you are visited!

# Time Frames and Deadlines

- Aim to complete the audit in two terms.
- Work through each principle in turn, giving people specific aspects of it to find evidence for.
- Allow two weeks for each principle.
- Have a progress meeting every two weeks to discuss the evidence for each principle and BRAG rate each section, as well as decide on who is going to gather the evidence for different parts of the next principle.

# Top Tips

- Get buy-in from SLT
- Sell it to your school & Governors
- Once you have done some research, you will feel passionate about the audit to help your school.
- Have someone else beside you to help you when you are not sure what to do.
- Create a schedule for a year with dates. Do your best to stick to it but don't feel pressured if you can't make it!

# Top Tips

- You don't have to do a survey and focus group for staff, pupils and parents. Do what you can and put the other forms of data gathering in as action points for next year. Alternatively, use a selected sample to give you targeted information, so you are not overwhelmed with information.
- Communicate with your school community- use bulletins, staff briefings, parent letters, governors meetings.