



Health in Schools

MENTAL WELLBEING AWARD

Background

The Mental Wellbeing Award is part of the South Gloucestershire Health in Schools programme, run by the Public Health & Wellbeing team. The scheme aims to encourage and support schools to develop a whole school approach to improving the mental health and emotional wellbeing of students, staff, parents and carers. It addresses schools' ethos and environment, mental health support provided for students, teaching and learning around wellbeing, staff development, and support to parents and carers.

There is good evidence that a whole school approach is effective in improving mental health, and that children with higher levels of emotional wellbeing have higher levels of academic achievement. The benefit of improving mental wellbeing has already been demonstrated locally by a secondary school whose mental wellbeing scores bucked the local trend after implementing a whole school approach. There are currently 35 South Gloucestershire schools enrolled on the scheme who meet regularly to discuss progress and action plan.

The Mental Wellbeing Award is based on Public Health England's guidance on promoting children and young people's emotional wellbeing, which suggests 8 principles to achieve this. The full paper is available here: <https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing> . These 8 principles form the basis of the Mental Wellbeing Award.



What students say

“Becoming a student ambassador has helped in school as we have helped people who are struggling and also helped us with our own wellbeing”

“we hope our wellbeing zone will be an easily accessible, safe, comfortable and a place to chill”

What staff say

“It comes with loads of support and we’re really excited to get started”

“It’s not only about the children, but the whole school community: children, staff, parents and carers. Our hope is that everyone will benefit from having an ethos and environment in school that promotes openness and awareness of mental health issues from an early age.”

What parents say

What was helpful about mental health and wellbeing parent workshops?

“Listening to others and hearing about impacts on children’s mental health”

“That my mental health issues can affect my children”

If you are interested in hearing more about the award then please contact Emma.Hoggett@southglos.gov.uk for more information.

Government guidance and advice

Mental health and behaviour in schools (2014) is departmental advice for school staff. Department for Education

www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2

Counselling in schools: a blueprint for the future (2015) is departmental advice for school staff and counsellors. Department for Education

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/497825/Counselling_in_schools.pdf

Preventing and tackling bullying (2014) advice for head teachers, staff and governing bodies. Department for Education

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/623895/Preventing_and_tackling_bullying_advice.pdf

Promoting the health and wellbeing of looked-after children (2015) is statutory guidance for local authorities, clinical commissioning groups and NHS England.

Department of Health and Department for Education

www.gov.uk/government/publications/promoting-the-health-and-wellbeing-of-lookedafter-children--2