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| Summary Notes  **How mentally healthy is your setting? Auditing your current provision and practice-Amy Sayer FCCT** |

## Introduction

**This course is aimed at school Mental Health Leads who need to evaluate their school’s current provision for mental health. Using these steps, you will then be able to work towards an Action Plan which encompasses all aspects of a cultural change towards more positive and supportive discussion around mental health in your school.**

## starting at the top- leadership of mental health in your school

In this part of the course you will consider how to evaluate the current leadership structures in your school to audit how they approach conversations about mental health and their knowledge and understanding of it which could be used to support staff who may be struggling. It will allow you to reflect on the next steps you will need to take to develop this further in your school.

**Key Questions:**

*Do all leaders in your school understand the importance of mental health?*

*Do all leaders have enough knowledge about mental health support that school can provide?*

*Do all leaders know where to signpost people who are struggling with their mental health?*

*Do they role model positive mental health habits?*

*Are they comfortable AND able to have conversations about mental health with their teams?*

## staff mental health

In this part of the course, you will consider how to evaluate the staff provision and understanding of mental health in your school. You will be guided through possible options for a staff survey and reflect on other methods you could use to gauge where you staff currently are, and what the next steps will need to be to develop this further in your school.

**Key Questions:**

*Do all staff in your school understand the importance of mental health?*

*Do all staff have knowledge about the mental health support that school can provide them?*

*Do all staff know which agencies to go to if they are struggling with their mental health?*

*Are they comfortable AND able to have conversations about their mental health if they need to?*

*How do you launch the staff survey?*

*Which questions do you want in the survey?*

## student mental health

In this part of the course, you will consider how to evaluate the student provision and understanding of mental health in your school. You will be guided through possible options for a pupil voice group and pupil survey and reflect on other methods you could use to gauge how your students currently feel, and what the next steps will need to be to develop student mental health further in your school.

**Key Questions:**

*Do all students know who to go to in school if they are struggling with their own mental health?*

*Do all students know who to go to in school if they are worried about a friend who is struggling with their mental health?*

**Pupil Focus Group**

*How could you ensure all pupils are represented and the group is inclusive?*

*Do you need to divide it into Key Stages groups who may have different needs?*

*Which type of questions should you ask? Open/closed?*

*How will you record the results?*

*How will you use the results in your action plan moving forwards?*

***Examples of focus group questions:***

*Do you remember any lessons where you have been taught about mental health?*

*Would you have someone to go to in school if you were struggling with your mental health?*

*Would you know how to support a friend who is struggling with their mental health?*

*Do you know how to get support for your mental health outside school?*

*Is there anything we can do as a school to support students more with their mental health?*

*Do you think the language students use about mental health is generally positive/negative?*

**Pupil Survey**

*How could you ensure all pupils are represented and the results are inclusive?*

*Do you need to divide it into Key Stages groups who may have different needs?*

*Which type of questions should you ask? Open/closed?*

*How will you record the results?*

*How will you use the results in your action plan moving forwards?*

## parental views on mental health in your school

In this part of the course, you will consider how to audit how parents feel about mental health support your school is able to offer their child is they are struggling. You will consider how to work with and engage with parents to work out your next steps to develop this aspect of your action plan.

**Key questions:**

*Do parents know how to access in-school support for their child’s mental health?*

*Do parents know how to access out-of-school support for their child’s mental health?*

*Which questions do you want in your parental survey?*

*What will you do with the results of the survey?*

## curriculum

In this part of the course you will consider how to evaluate the current curriculum provision in your school regarding mental health. You will consider how to map the curriculum requirements to ensure that students in your school have access to high-quality, relevant and up-to-date knowledge of mental health. You will consider how the pastoral system in your school can support and develop his further.

**Key questions:**

*Are students taught discrete lessons about mental health as part of the curriculum? How can you audit this?*

*Who is teaching it? Are they trained? Do they know how to safeguard themselves?*

*Is it reflected in the pastoral system through assemblies?*

## Continue your learning

### Courses:

* https://www.creativeeducation.co.uk/courses/support-staff-mental-health/
* <https://www.creativeeducation.co.uk/courses/provide-a-whole-school-mental-health-offer-in-primary-school/>
* <https://www.creativeeducation.co.uk/courses/support-your-primary-school-pupils-experiencing-mental-health-issues/>
* https://www.creativeeducation.co.uk/courses/mental-health-in-a-nutshell-what-every-trainee-teacher-needs-to-know/

### Websites:

* https://www.annafreud.org/schools-and-colleges/
* <https://www.educationsupport.org.uk/>
* <https://www.youngminds.org.uk/professional/schools/>
* https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges

### Books:

* The Mentally Healthy Schools Workbook- Dr Pooky Knightsmith
* Supporting staff mental health in your school- Amy Sayer
* The Designated Mental Health Lead Planner- Clare Erasmus