

Health Promotion in Education Settings - Mental Health and Wellbeing Award

RESOURCE AND GUIDANCE TOOLKIT- Updated May 25

The Mental Health and Wellbeing Award is part of the Health Promotion in Education Settings programme in South Gloucestershire. It is run by the Public Health Mental Health Inequalities and Community Engagement and Education Learning and Skills teams at South Gloucestershire Council. 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 as well as the mental health support provided for students, the teaching and learning around wellbeing, staff development, and work with 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 schools whose mental wellbeing scores bucked the local trend after implementing a whole school approach.

This Mental Health and 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.



Leadership and management: Support from the senior leadership team is essential to ensure that efforts to promote emotional health and wellbeing are accepted and embedded. Having a governor with knowledge and understanding of emotional health and wellbeing issues is highly desirable in championing organisation-wide practices.

School ethos and environment: The physical, social and emotional environment in which staff and students spend a high proportion of every weekday has been shown to affect their physical, emotional and mental health and wellbeing as well as impacting on attainment.

Curriculum, teaching and learning: School-based programmes of social and emotional learning have the potential to help young people acquire the skills they need to make good academic progress as well as benefit pupil health and wellbeing.

Student voice: Involving students in decisions that impact on them can benefit their emotional health and wellbeing by helping them to feel part of the school and wider community and to have some control over their lives. At an individual level, benefits include helping students to gain belief in their own capabilities, including building their knowledge and skills to make healthy choices and developing their independence.

Staff development, health and wellbeing: It is important for staff to access training to increase their knowledge of emotional wellbeing and to equip them to be able to identify mental health difficulties in their students. Having a mentally well work force is also key to a mentally healthy school.

Identifying need and monitoring impact: There are a variety of tools that education settings can use as the basis for understanding and planning a response to pupils' emotional health and wellbeing needs. The tools range from simple feedback forms to validated measures which can focus on both wellbeing and mental health.

Working with parents/carers: The family plays a key role in influencing children and young people's emotional health and wellbeing. There is strong evidence that well implemented universal and targeted interventions supporting parenting and family life that offer a combination of emotional, parenting and practical life circumstances (combining drug, alcohol and sex education, for example) have the potential to yield social as well as economic benefits.

Targeted support: Some children and young people are at greater risk of experiencing poorer mental health. For example, those who are in care, young carers, those who have had previous access to CAMHS, those living with parents/carers with a mental illness and those living in households experiencing domestic violence. Delays in identifying and meeting emotional wellbeing and mental health needs can have far reaching effects on all aspects of children and young people's lives, including their chances of reaching their potential and leading happy and healthy lives as adults.

Mental health and behaviour in schools (2018) 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 (2016) 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 (2017) 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

[Promoting the health and wellbeing of looked-after children - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/623895/Promoting_the_health_and_wellbeing_of_looked-after_children.pdf)

Education staff wellbeing charter updated Jan 24 - The education staff wellbeing charter is a declaration of support for, and a set of commitments, to the wellbeing and mental health of everyone working in education.

<https://www.gov.uk/guidance/education-staff-wellbeing-charter>

Resources to support whole school approach to mental health and wellbeing.

Anna Freud centre has lots of recorded webinars and resources to support schools to implement a whole school approach to mental health and well-being.

[5 Steps to Mental Health and Wellbeing \(annafreud.org\)](https://annafreud.org/5-steps-to-mental-health-and-wellbeing/)

Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in England, Northern Ireland, Scotland and Wales Home : [Mentally Healthy Schools](https://mentallyhealthyschools.org/)

Resources and Information to support self-review requirements

1. Leadership and management

Mental Health and Wellbeing School Policies: examples available [here](#)

Local updates are disseminated via the school mental health lead email list. Best practice meetings and individual support and advice on strategy and are available. Contact mentalhealth@southglos.gov.uk.

2. Ethos and environment

[DfE Mental Health and Behaviour document:](#)

DfE- Feb 2023- [Mental health issues affecting a pupil's attendance: guidance for schools](#)

Mental health campaigns:

- [Mental Health Awareness week](#) – May
- [Children's Mental Health Week](#) - February
- [World Mental Health Day](#)- October
- [Stress awareness month](#)-April

Anti-bullying campaigns:

- [Anti-bullying week](#) – November:
- [Anti-bullying ambassadors](#)

3. Curriculum, teaching, and learning	<p>(£) Jigsaw PSHE: the mindful approach to PSHE, a comprehensive scheme of learning for Foundation Stage to Year 6.</p> <p>Health Promotion in Education settings. Includes Public Health bulletin for Education has termly updates including a Mental Health and well-being section, PHSE information portal and award programme Contact: healthpromotionineducation@southglos.gov.uk</p> <p>The PSHE Association has produced free resources on teaching about mental health and emotional wellbeing: https://pshe-association.org.uk/topics/mental-health</p> <p>Off the Record delivers Resilience Lab workshops and more for 11–18-year-olds (this includes year 6 in terms 5 and 6). See full FREE offer here contact: resiliencelab@bristol.org.uk</p> <p>Heads Together has produced a website bringing together many teaching resources: https://www.mentallyhealthyschools.org.uk/teaching-resources/</p> <p>Free resources for professionals, parents, and young people: https://charliewaller.org/resources</p> <p>Free Lesson plans and resources Oxford Uni linked: https://education.brainwaveshub.org/brainwaves-lessons/</p> <p>Rowan Hemp video talking about Mental Health with teaching resources- new resource Jan 24: https://here4you.co.uk</p> <p>Now and Beyond Free lesson plans, grants, annual festival day with lots of workshops: https://community.nowandbeyond.org.uk/</p>
4. Young person voice	<p>Youth wellbeing Champions – training is available for students (secondary schools only) contact for more details. resiliencelab@bristol.org.uk</p> <p>Good quality participation: tips for schools from Mentally Healthy</p>
5. Staff development and wellbeing	<p>A comprehensive free training programme is available: including an introductory course suitable for all staff, Fundamental Wellbeing First Aid training and specialist modules from PMHS: See: https://learning.southglos.gov.uk/cpd/portal.asp for details or courses or contact mentalhealth@southglos.gov.uk.</p>

	<p>Bitesize mental health and wellbeing training is available on these topics: Mental Health Awareness, Resilience and Self-care, Drugs and Alcohol -How that affects mental health? Email mentalhealth@southglos.gov.uk to arrange a session for your school.</p> <p>Suicide awareness online short courses: https://www.zerosuicidealliance.com/training</p> <p>South Gloucestershire Council Staff Wellbeing offer for LA staff</p> <p>Workplace Wellbeing for South Gloucestershire Employers</p> <p>Guidance on staff wellbeing from Anna Freud</p> <p>Free wellness action plans available from Mind.</p> <p>Webinars and webchat support to around supporting young people with eating disorders here, you need to create an account to gain full access open to all school staff nationally for FREE through BEAT.</p>
6. Identifying need and measuring impact	<p>The Online Pupil Survey is offered free to all South Gloucestershire schools. To take part or for further information, including support to access your school's data contact: healthpromotionineducation@southglos.gov.uk Next running 2026</p> <p>A toolkit is available on measuring and monitoring children and young people's mental wellbeing: https://www.annafreud.org/resources/schools-and-colleges/measuring-and-monitoring-children-and-young-peoples-mental-wellbeing/</p>
7. Parents and carers	<p>Parents Plus and other evidence-based programmes.</p> <p>South Gloucestershire- One you information on mental health/signposting for 18 +.</p> <p>Parents can speak to the school nursing service on South Gloucestershire: 0300 125 5151: https://sirona-cic.org.uk/children-services/services/school-nursing-service/</p> <p>South Glos parents and carers and SENDIAS support families with a child that is aged 0-25 with additional needs including groups, webinars, and advice.</p> <p>Local signposting</p> <p>Parent/ carer toolkits and further information (including Self Harm and Understanding your child's mental health)</p>

	<p>Useful guides for parents around several complex issues here:</p> <p>Support for parents NSPCC</p>
<p>8. Targeted support and appropriate referral</p>	<p>Signposting and initial support</p> <ul style="list-style-type: none"> • GP • School health nurse, pastoral support, counsellor • Compass • See the South Gloucestershire Mental Health directory for signposting to Local Mental Health and wellbeing services. <p>Where you need advice and or are considering a CAMHS referral contact your Primary Mental Health Specialist: https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/primary-mental-health-specialist-pmhs</p> <p>Anna Freud- Targeted support tool kit</p> <p>Gender and Sexuality:</p> <p>The Diversity Trust work with local schools on an offer which includes:</p> <ul style="list-style-type: none"> • Delivery of assemblies / whole school / year groups • Thematic group work e.g., during LGBT History Month and Pride Month • 1-2-1 mentoring support with LGBTQ pupils and young people • Support for the development of LGBTQ groups and clubs setting up in schools • <p>LGBT+ & Trans inclusion policy support; to find out more.</p> <p>Contact The Diversity; Phone 07720 294 991 Email info@diversitytrust.org.uk Website https://www.diversitytrust.org.uk</p> <p>Adult LGBTQ+ wellbeing service</p> <p>Young People services</p> <p>National Gender identity info, text and helpline: Mermaids (national) with help helpline supporting gender- diverse children and their families.</p> <p>Urgent cases and safeguarding</p> <ul style="list-style-type: none"> • The CAMHS direct crisis line number is 0800 953 9599 (for use in a crisis, rather than attending A&E or calling 999) • Where there is immediate risk of harm call 999 or access Accident and Emergency or General Practice emergency appointment • Access and Response Team (ART) to report any safeguarding concerns - 01454 866000-South Gloucestershire Safeguarding Children Board <p>Other resources, information and support</p> <ul style="list-style-type: none"> • Preventative services teams/ EHAP: The EHAP can be used for children and young people of any age (including unborn babies). It covers all aspects that affect a child or young person's development and enables practitioners to identify any

unmet needs. This approach helps children and young people access the right services earlier. Compass is the front door to this contact them at compass@southglos.gov.uk, 01454 866000.

- Educational Psychology: supports early years' settings, schools and colleges to meet a wide range of special educational and social, emotional and mental health needs. Through the core offer and traded routes educational.psychology@southglos.gov.uk
- (£) Inclusion support, [Integra](#): specialist advice, professional development and practical solutions to support schools with the teaching of pupils with SEND.
- Evidence-based interventions guidebook, including FRIENDS, Nurture Groups, and ELSA: <http://guidebook.eif.org.uk/>.
- [Reading Well](#) books stocked at all SG libraries.
- [ChildLine](#): free helpline for children and young people to talk about any problem 24/7.
- The Mix: telephone and email support for under 25's - Freephone 0808 808 4994 (1pm-11pm), text 80849, www.themix.org.uk
- Young Minds: the UK's leading children and young people's mental health charity. Information, parent's helpline, e-newsletter – www.youngminds.org.uk
- Get self-help: free online cognitive behavioural therapy (CBT) resources - www.getselfhelp.co.uk

Trauma informed approaches

- Jam packed with resources and the latest research around trauma and trauma-informed practice check out our local Adversity and Trauma Resource Library available [here](#).
- [BNSSG Trauma informed skills and knowledge framework 2021](#)
- [Trauma Informed Practice | Safeguarding South Gloucestershire Safeguarding](#)- Free bitesize training and resources.
- [NICE guidelines focusing on PTSD](#).
- PTSD further information and advice from [Mind](#)
- Trauma and Adversity resources- Beacon House <https://beaconhouse.org.uk/resources/>

Resources for schools to raise awareness around neurodiversity for the students (primary age):

[LEANS](#)

Eating disorders:

Free training and resources for schools and parental support group can be found here through [BEAT](#)