

This service is available for Academies and Maintained schools

Description:

This package will help your school to implement a consistent whole school approach to mental health and emotional wellbeing and help raise awareness of what mental health is, how to identify vulnerable children and ways to support your pupils' and staff wellbeing.



Year Academic year 2024/25

Benefits

This package will:

- Drive a whole school approach to promoting mental health that is sustainable
- Directly assist you in achieving your Healthy Schools London Bronze, Silver, Gold and Platinum awards with a focus on mental health and emotional wellbeing
- Provide you with access to wide range of pre-prepared lesson plans, programmes and initiatives, parent letters, policies and baseline surveys
- Provide you with expert guidance from a health improvement officer to stay on track and make an impact
- Model all aspects of the whole school approach and link in with the school psychologist to ensure that this project is sustainable in your school.

This package includes implementation of all initiatives, training, policies, toolkits and resources. Summary of the health improvement team packages:

- [Health improvement 3 day bespoke package](#)
- [Healthy schools awards and training package](#)

We offer dedicated packages that support schools with specific health areas:

- [Eco initiatives and awards](#)
- [Mental health package](#)
- [Nourish to flourish package](#)
- [Personal, social, health and economics \(PSHE\) mastery package](#)
- [Relationships, sex and health education \(RSHE\)](#)

Office hours:

- Monday to Friday, 8.30am to 5pm
- Twilight sessions and out of office hours work by negotiation.

Service directors:

Julie Lewis

More detailed information:

- Guidance on reviewing and updating the school's mental health policy
- Staff training sessions focusing on; mental health awareness, strategies for supporting children with anxiety, stress and low mood, understanding parental mental health and recognising the impact of online usage on mental health. .
- Staff self-care and wellbeing workshops
- Delivery of bespoke mental health lessons
- Parent workshops focused on mental health awareness, and practical strategies to support their child's mental health and wellbeing.
- Pupil assemblies and workshops addressing emotional resilience, stress management, digital resilience & strategies for managing anxiety/stress/low mood, including techniques for cooling down and practicing mindfulness.
- Baseline and endline surveys with pupils and staff to assess the impact of support
- A mental health toolkit for the school's needs.
- Sample assemblies and lesson plans
- Examples of Silver Awards focused on mental health to support your school in achieving it's HSL Silver Award.

This package also includes:

- Free access to five central trainings for all staff on mental health
- Two tickets to the health improvement annual conference

- Two drop-in days to help you achieve your Healthy Schools London awards
- Three primary or high school PSHE, mental health and eco school network meetings

Provider:

Health improvement team, Children and families, Ealing Learning Partnership

Contact:

Further details:

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- [Yes](#)
- [Neutral](#)
- [No](#)

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