

# The Whole School Approach offer

## By the Mental Health Support Team

**We are very excited to be working with your school this year and together support the mental health of children, young people, families and staff.**

We know that schools are in a unique position to help prevent mental health problems by promoting wellbeing, positive mental health and resilience as part of an integrated approach that is tailored to the needs of their students.

We are here to support you to implement the Whole School Approach in your school. Our team offers interventions and support for young people, parents and staff in order to promote mental health and wellbeing. We can also assist staff with identifying mental health difficulties in students, as well as support with recommendations for referrals to further agencies when the problems fall outside of the low to moderate category.

In order to help us tailor the approach of our work to your school we will work closely with your Designated Mental Health Lead and staff and together establish and plan our provision in the upcoming school year.

### Newsletter

As part of our work we provide a Children and Young People's Newsletter which is released every month. In each newsletter we provide useful tips and information around mental health for both children, young people and parents/carers. We aim to share the newsletter with each school we work with and we hope you will be able to help us distribute it to both parents and children in your school.

The newsletter is going to be sent to the MHST link from your school at the end of each month so you can share it with students and parents via email. We are also happy for you to include the newsletter on your website. We welcome further suggestions on how we can make it more accessible for children, young people and parents from your school.



### Children and young people's workshops

Our team delivers a range of psychoeducational workshops to children and young people. We aim to work with staff in order to tailor the workshops to the needs of each school and we continuously develop our offer and stay flexible in our approach to delivery.

We are happy to deliver the workshops in schools face-to-face, provide live online workshops and we also offer pre-recorded sessions in some instances. We work with each school individually and we're happy to work with you on the best suitable approach for you.



## Primary schools' workshops

Based on the Government guidelines schools are encouraged to teach Primary Pupils:

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

**We hope our psychoeducational workshops offer might be helpful in implementing those guidelines in your school. Please see the list of our workshops for Primary Schools below:**

Topic	Overview
Mental health introduction	What is mental health? We all have mental health and we need to look after it.
Emotional intelligence	What are emotions and how to recognise what we and others are feeling. How can we manage difficult emotions.
Transition to secondary school (Y6)	How to manage change and anxiety during life changes (this workshop is offered next to group intervention)
Anxiety & Mindfulness	Anxiety psychoeducation & strategies to manage anxiety
Exam Stress	What is stress and how to manage stress during exams
Challenging unhelpful thoughts	Learn how to challenge our negative thinking patterns and improve problem solving
Resilience	What is resilience and how can we become more resilient so we can overcome difficult situations and face challenges
Managing anger	Managing anger and other difficult emotions
Setting goals (Y6)	SMART Goals – how we can create realistic goals and achieve them
Self-care	Importance of self-care and how we can look after our emotional wellbeing
Kindness	Kindness and its influence on our emotional health. How to be more kind to ourselves and others
Sleep	Importance of sleep and tips to creating better sleep routine
Self-esteem	How to boost our confidence and self-esteem
Friendships	How to communicate with others & manage our emotions, be a good friend and recognise our strengths

## Secondary Schools

Based on the Government guidelines Secondary schools are encouraged to teach students:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary
- that happiness is linked to being connected to others
- how to recognise the early signs of mental wellbeing concerns & common types of mental ill health
- how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health
- the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness
- the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media,
- how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours
- the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress

**Please see our offer of workshops for Secondary Schools below:**

Topic	Overview
Mental Health Awareness	What is mental health and how to recognise mental health difficulties. How to manage stress and look after our wellbeing.
Exam Stress	How to manage stress during exams and cope with anxiety.
Bullying	Psychoeducation around bullying and how to recognise what is bullying vs banter. What to do when you have been bullied or witnessed bullying. Where to access further support.
Cyberbullying	What is cyberbullying and its different types. How to respond to bullying as a bystander and a victim of bullying online.
Social Media	Social media and its impact on our mental health. How to manage better our use of social media.
Growing Resilience	What is resilience and how to become more resilient during difficult times and face challenges.
Body Image	Pressures of body image and how to manage them.
Talking male mental health	How masculinity is portrayed in today's society and its implications on male's mental health.
Managing emotions	Coping strategies to manage our negative thoughts and techniques to look after our emotional health.
Anxiety	What is anxiety and techniques to manage it. How to access further support.
Relationships online and offline. Safety and risks.	Sexual harassment and abuse young people encounter in schools and online. How to recognise it, respond and report it. Following Ofsted report from June 2021 on sexual abuse in schools (parental consent may be needed).

**Few words from the students about our workshops:**

The workshops were very helpful in helping me not only understand myself more but those around me too and how to interact with them.

The most helpful event was when we talked about how to escape from falling into worry traps. This session was really helpful and I felt like I was listened to.

A safe space was created and I'm glad everyone could be open about their opinions. It would be nice if these types of sessions were promoted more within schools and communities as I feel they are very necessary.

Overall I think the workshop was very helpful in understanding the causes and solutions of stress and anxiety. It was a fantastic workshop I look forward to more in the future. Thank you!

# Working with Parents

Working with parents and carers showed to have a promising impact on the wellbeing, attendance, behaviour, sense of school belonging, intellectual development and attainment of children across a range of social and economic backgrounds. For this reason it is a vital ingredient of the Whole School Approach. We aim to provide help for parents and guardians, in order to help them support the emotional wellbeing of children and young people.

We offer a range of psychoeducational workshops to parents and carers as well as organise coffee mornings and a Parents' Forum.

## Please see our workshops offer below:

Topic	Overview
Mental Health Awareness	What is mental health? Mental health as part of our overall health. Mental health difficulties and stigma.
Self-Care and relaxation techniques	Strategies to self-care, mindfulness and relaxation strategies.
Understanding Anxiety	What is anxiety and how can I help my child to manage it.
Understanding Low Mood	What is low mood and how can I help my child to manage it.
Understanding Children's Behaviour	Understanding factors impacting on the behaviour of children and how can we improve child's behaviour.
Managing child's behaviour	Establishing rules and boundaries in the household. Rewards and consequences and how to use them effectively.
Screen use	Use of devices by children and how to manage it. Tips and strategies to establishing healthy use of internet and digital devices.
Transition to secondary school	How to support a child through change and transition to secondary school

## Few words from the parents and carers about the workshops:

I am more aware that my child is at risk of suffering from ANXIETY in today's World... This is a Reality for all Parents, we need to be Proactive, and ready to tackle the problems and face the realities in order to keep children (and adults) as safe as possible.

It made me think about how I manage my own mental health and what I can do to improve my mental and physical health and wellbeing

The leaders provided excellent talk and were kind enough to share all the resources available to us, I cannot fault anything on this workshop, excellent overall

Thank you so much for running the sessions. I found the sessions very helpful and informative. It was a great opportunity to hear and share ideas from parents too





## Working with staff

Good staff wellbeing has been shown to be essential for cultivating a mentally healthy school and for promoting pupil wellbeing and attainment. As school staff juggle a multitude of different tasks and demands, it is important that everyone is given the right emotional and practical support so that they can, in turn, support their pupils.

As part of the Whole School Approach we want to offer psychoeducational workshops to staff in order to spread mental health awareness, challenge mental health stigma, help to improve their emotional health and equip them with knowledge of how to support children and young people's wellbeing.

### Below are some of the workshops we deliver for school staff:

Topic	Overview
Mental health and self-care	Psychoeducation around mental health and self-care. Strategies to managing stress.
Work and life balance.	How to manage productivity during stressful times. Tips to work and life balance.
Anxiety	What is anxiety and strategies to manage it.
Resilience	How to strengthen our resilience.

### We also provide a training for staff in order to help them in supporting children's and young people's mental health:

Topic	Overview
Anxiety and transitions	How to manage anxiety and how to support children and young people during transitions
Anxiety and low mood	How to support and recognise children who experience anxiety and/or low mood
Resilience in children	How to support children's resilience and help them to overcome challenges
Managing behaviour	Understanding child's behaviour and tips to creating positive culture in the classroom.
Gender and sexual diversity	Understanding of sexuality and gender and its implications on mental health. How schools can support LGBTQ+ students.

### Few words from the school staff about the workshops:

It is reassuring that I know that my school cares about and prioritises the well-being of the children, my colleagues and myself (especially during this unusual time). It helped me to reflect on my personal coping strategies for my individual situation.

This course is helping me to realize that I need to make space to "pamper" my wellbeing. I feel really lucky both in my personal and professional life but I am always very busy and hardly have any time for myself, which has an impact on both.

I feel I will be able to better identify and support pupils with mental health problems and to promote healthy habits among children. I also feel it helped me to be more aware of my own struggles and to understand and accept that we will experience mood swings more frequently.

Presentations by both leaders were clear, helpful, practical and pitched appropriately. Some of the best training I have had, so thank you. Very enjoyable to participate in and I look forward to more.

## The forums

We are passionate about giving children, young people and parents a space and voice to share their feedback on our service and provide their view of CYP's mental health needs. We also aim to create space for school staff where they can share the good practice around implementing Whole School Approach to Mental Health, Please see our forums below:

### Young People's Forum

We organise a Young People's Forum which takes place once per term. This is aimed for those children who have accessed our services. That way we give voice to the young people to share their views about the needs and gaps in the mental health provision in Westminster. If you are aware of a young person who would like to take part and have previously been supported by our team, please contact [cmorgan@bwwmind.org.uk](mailto:cmorgan@bwwmind.org.uk) for further information.



### Parents' and Carers' Group

Additionally we organise a Parents' Group which is an opportunity for parents and carers to voice and share their views about the mental health provision in Westminster. If you are aware of the parent who would like to take part please contact our Whole School Approach Advisor.



### School's Forum

The School's Forum is a place for the participating School's Designated Mental Health Leads (DMHL) to discuss, share ideas and best practice(s) relating to the Whole Schools Approach to mental health. The forum meetings will be an opportunity to share the good practice amongst DMHLs in addressing the Whole Schools Approach to mental health, identify common and emerging themes and provide the feedback to MHST on service provided, identifying needs and gaps in delivery. We will contact your school DMHL with more information regarding details of the next meeting.



## Contact our Whole School Approach Advisor:

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