



BEECHEN CLIFF

## A Whole School Approach to Becoming a Mentally Healthy School

*- Some of the key steps Beechen Cliff has  
taken*

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**Beechen Cliff** is a state-funded secondary school in Bath, England. There are 930 boys in years 7 to 11 (Lower School) and a mixed Sixth Form of 380 students.

**Our school vision:** for pupils and students to lead happy, healthy lives, to thrive as individuals and to make a positive contribution to society.

**Our mental health vision:** To create a culture of openness about mental health, encouraging everyone to talk about feelings, listen to one another and promote their ability to bring about change for the better.

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### **Mental Health Strategy Team**

This team meets on a regular basis to plan, review, and monitor progress. The team includes a Deputy Head, an Assistant Head, the two staff Mental Health Champions, the PSHE Lead, two lead sixth form students, and two parents.

### **Student Mental Health Team**

This team feeds into the Mental Health Strategy Team via its two student representatives. The team helps plan and deliver assemblies, advises on PSHE and tutor-time curriculum content and helps evaluate mental health and wellbeing provision.

### **E Teams (Equalities Teams)**

There are two student E Teams, one in the 6<sup>th</sup> Form and one in the Lower School. An E Team is a group of young people supported by adults which works to promote equality within their setting, such as tackling racism, sexism or homophobic, biphobic or transphobic bullying. The E Teams have developed a Pledge of Respect, signed by all staff and students at the school.

See the [Guide to Setting up E Teams](#) on the BANES website.



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## ***Student Led Assemblies***

Students from both the Mental Health Team and the E Teams lead assemblies in the 6<sup>th</sup> form and lower down the school. These have included, for example, testimonies, both anonymous and personal, from students and staff who have struggled; talking about what has helped; introducing the Pledge of Respect, where to go for support.

## ***Using Film***

Boys in Mind films have helped to raise issues in assemblies such as barriers to seeking support and have prompted discussion in tutor groups and PSHE sessions. Beechen Cliff students have been involved in some of the films so are role-modelling to their peers.

## ***A Solution Focused Approach***

Solution Focused is a powerful, compassionate, and empowering approach which enables people to achieve a preferred future by building on their existing strengths and resources. This is being rolled out across the school by training staff and students to be able to support each other with Solution Focused conversations.

## ***PSHE***

Mental Health and Wellbeing is a key part of PSHE. Students from the E Teams and Mental Health Team are consulted on content and style of delivery of PSHE sessions, which include lessons on mental health awareness, self-care, and mindfulness. Regular tutor activities, assemblies and awareness days further enable students to engage in open conversations and support one another.

## ***Outside Agencies***

There are excellent partnerships with local organisations and individuals (such as Boys in Mind, Off the Record, Mentoring Plus and the School Nurse) who advise the school and/or offer sessions to those who need extra support.

## ***Parents***

Parent representatives are on the Mental Health Strategy Team. Parents are consulted and informed via e-mail and there are regular updates on mental health provision via the school newsletter.

## ***Monitoring and Evaluation***

Students from the teams above collect feedback from their peers. Data is collected from national wellbeing surveys such as the School Health Education Unit survey, before and after surveys etc, to monitor progress and to plan provision.

**For more detailed information see the school website:**

**<https://www.beechencliff.org.uk/>**

