



# Whole School Approach Primary - Ways of Involving Children

Public Health England recommends 8 key areas which contribute to a whole school approach in developing mental health and wellbeing.

We consulted young people on how they could be involved.

### **Ethos & Environment**

- Developing and sharing messages about the school's vision & values
- Helping deliver assemblies about wellbeing
- Time, space, and opportunity to talk - this could be outside e.g. forest school without the physical boundaries of a classroom.

### **Leadership and Management**

- E Team [Equalities Team] – See [Guide to Setting up E Teams](#) for more information about E Teams
- Senior Leadership Team supports and encourages children's involvement
- Children leading assemblies/campaigns/film projects etc.
- Genuine partnership between staff and children
- Children attending Governors/staff meetings/parent forums (e.g. to present the film they have made)

### **Teaching and Learning**

- Children involved in planning of PSHE (i.e. Mental Health Wellbeing aspects, suggesting topics that could be covered)
- Children leading lessons/sessions on wellbeing
- Researching data/statistics
- Reviewing helpful websites/check up on helplines to share useful resources with peers by providing feedback in class
- Doing presentations e.g. on what helps when you are feeling sad/unhappy/ top 10 tips for being calm
- Selecting appropriate films to show in lessons e.g. from <https://boysinmind.co.uk/film-page/#primaryschool>
- Sharing with parents /carers about what they have learned

### **Student Voice**

- Everything in this document relates to amplifying student participation and leadership



### Staff Development/Wellbeing

- Whole school community working together will enhance staff wellbeing
- Partnership working between staff and children improves relationships
- Children helping train staff e.g. on INSET days doing a short input about what is helpful to children or the work of the E Team

### Monitoring & Evaluation of Impact

- Children helping measure impact – via surveys/case studies/consulting other children
- Film projects to do this
- Testimonies from other children (e.g. what the school does/what they do to look after us)

### Targeted Support

- Lessons on how to have conversations (listening and speaking and empathy)
- Mindfulness, yoga, and other activities
- CLANGERS film (Connect, Learn, be Active, Notice, Give, Eat well, Relax, Sleep). Children can create their own CLANGERS film. See: <https://www.youtube.com/watch?v=HzVvomF8Zhc>

### Parents

- Children tell parents about what is going on in school to support their wellbeing
- Children encourage open dialogue with parents/families. More info: <https://boysinmind.co.uk/what-parents-do-well-to-support-their-children/>
- Children write articles for school newsletter
- Show films to parents (e.g. from Boys in Mind website)
- Children attending parents' forums to provide information

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