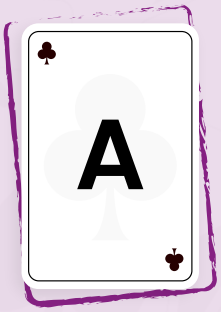
The importance of a whole school approach

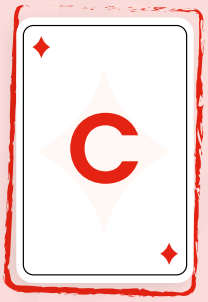
When thinking about embedding a whole school approach to mental health within your school, the tips below are a great checklist to begin thinking about areas to focus upon;

Think A.C.E.



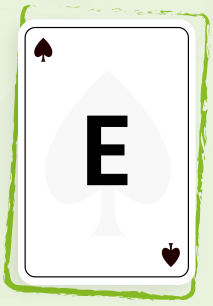
Acceptance

- Making feelings and emotions a part of everyday schooling - Modelling examples and allowing expression and understanding.
- Reducing stigma and normalising distress as a valid experience – it is okay to struggle!
- Creating a culture of acceptance, openness, communication and hope within your school community.



Curriculum

- Finding ways to integrate taught mental health and wellbeing activity across key stages.
- Introduce and revisit core concepts in greater detail as children and young people mature to allow continued and expended learning throughout a child's school career.



Emotional Literacy

Utilise emotional literacy materials to help children enhance their knowledge and skills (universal and selected children)

Helpful topics:

- Understanding and responding to fear, anxiety and anger (fight, flight or freeze)
- Teaching mentally healthy lifestyle habits to children (preventative)
- Developing coping skills (problem solving skills, relaxation techniques, developing more helpful ways of thinking, building relationship/friendship skills and skills for facing fears)
- Staff modelling, reinforcing and demonstrating coping skills (praising children for effort)
- Identify at risk children and provide additional intervention/support
- Involve parents and carers to try and create consistency between environments (this is crucial)

Could your school do more with the right support?

Log-in for the latest resources – published monthly.

bluementalhealthsupport.co.uk

blue MENTAL HEALTH SUPPORT