

Slough Whole School Approach to Health and Wellbeing



INTRODUCTORY WORKSHOP

The link between children's health and wellbeing and achievement at school

Public Health England 2014:

Research evidence shows that education and health are closely linked. So promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes *and* their health and wellbeing outcomes.

The school role in supporting and promoting mental health and wellbeing

(Mental Health and Behaviour in Schools DFE 2018)

- 1. Prevention:** creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
- 2. Identification:** recognising emerging issues as early and accurately as possible.
- 3. Early support:** helping pupils to access evidence based early support and interventions.
- 4. Access to specialist support:** working effectively with external agencies to provide swift access or referrals to specialist support and treatment.

Slough's Whole School Approach to Health & Wellbeing framework

The Slough Whole School Approach to Health and Wellbeing framework and tools have been produced to help schools develop a whole school approach to promoting the health and wellbeing of pupils and staff.

It is based on the Public Health England Whole School Approach model which is promoted by the Department for Education.



Seven Focus Areas

The Process

Identify a WSA Lead and/or Working Group within your school.



Have an Introductory Workshop with your whole staff team to launch and begin the mapping process.



Map current good practice using the Slough mapping and development tool (or equivalent).¹



Formulate a development plan based on the outcome of the mapping exercise.²



Implement the development plan and, if you wish, collate a portfolio of evidence as a record of achievements.³

Tools, Checklists and Support

A Slough Whole School Approach Mapping and Development Tool¹ and a Development Plan template² are provided, however, schools may prefer to use tools from other organisations such as the Charlie Waller Trust or the Anna Freud Centre.

Developing A Whole School Approach to Health & Wellbeing
 – mapping and development tool

Good health, wellbeing and resilience are vital for all our children now and for the future of society
 - **Public Health England March 2018**

A whole school approach is one that goes beyond the teaching in the classroom to pervade all aspects of school life
 - **DFE November 2018**

Name of school:

Slough School Health & Wellbeing Project (adapted from PHE, 2017). Promoting children and young people's emotional health and wellbeing - A whole school and college approach. Page 3 of 23

Developing a Whole School Approach to Health & Wellbeing
 (name of school)
DEVELOPMENT PLAN

Area 1: Leadership, management and policies that support and promote a whole school approach to health & wellbeing.

Action point	Person responsible	Target date			

Area 2: An ethos, culture and environment that values and promotes respect, diversity and health & wellbeing.

Action point	Person responsible	Target date			

Area 3: Early identification and targeted support for health & wellbeing issues including pastoral care, school-based interventions, signposting and referrals.

Action point	Person responsible	Target date			

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Copies can be downloaded from the School Health and Wellbeing Project webpage [HERE](#)

Tools, Checklists and Support

³Details of resources and sources of support for implementing your Development Plan can be found on the School Health and Wellbeing Project resources webpage.

Schools who are part of the **Mental Health Support Team** initiative can also receive support with their WSA work from their Education Mental Health Practitioner.

The School Health and Wellbeing Project resources webpage can be found [HERE](#)

Mapping Good Practice

Workshop activity:

- Attendees should be divided into 7 groups and each group given a copy of one of the sections of the WSA Mapping and Development Tool.
- Using the examples of good practice as a prompt, each group should discuss everything your school is already doing/has in place in this focus area.
- RAG rate your school against any of the examples of good practice that apply and add anything else your school is already doing in this area.
- Add suggestions for evidence, ideas to develop and any gaps.
- Rotate the sections until each group has had the opportunity to discuss and contribute to each of the focus areas.