

Supporting pupil wellbeing

What governors can do



Key wellbeing focuses for governors:

- Safeguarding
- Wellbeing in the curriculum
- Support for disadvantaged pupils, pupils with SEND, and pupils who speak EAL
- Training and support for staff

Safeguarding

The first step towards supporting pupil wellbeing is effective safeguarding.

Key challenges for schools include:

- Increased levels of domestic violence or abuse
- Food insecurity
- Online safety risks



Steps to take

Keep on top of regular reports

These should include top-level information about the number and type of safeguarding concerns

Ask the right questions

How your school is making sure pupils who are at home are safe

Support your DSL

Do they have the support they need? Do they need additional resources or training?



Curriculum

Pupil mental health and wellbeing is usually supported by your school's curriculum for **PSHE and RSE**.

- Mental and physical health
- Health friendships and relationships
- Safety



Steps to take

Talk to school leaders about:

- How PSHE and RSE are **embedded throughout** the curriculum
- The **quality of the resources** teachers are using
- How **schemes of work** reflect challenges school leaders see
- **Teacher confidence** delivering PSHE and RSE

You can then work with school leaders and the wider board to address any weaknesses.

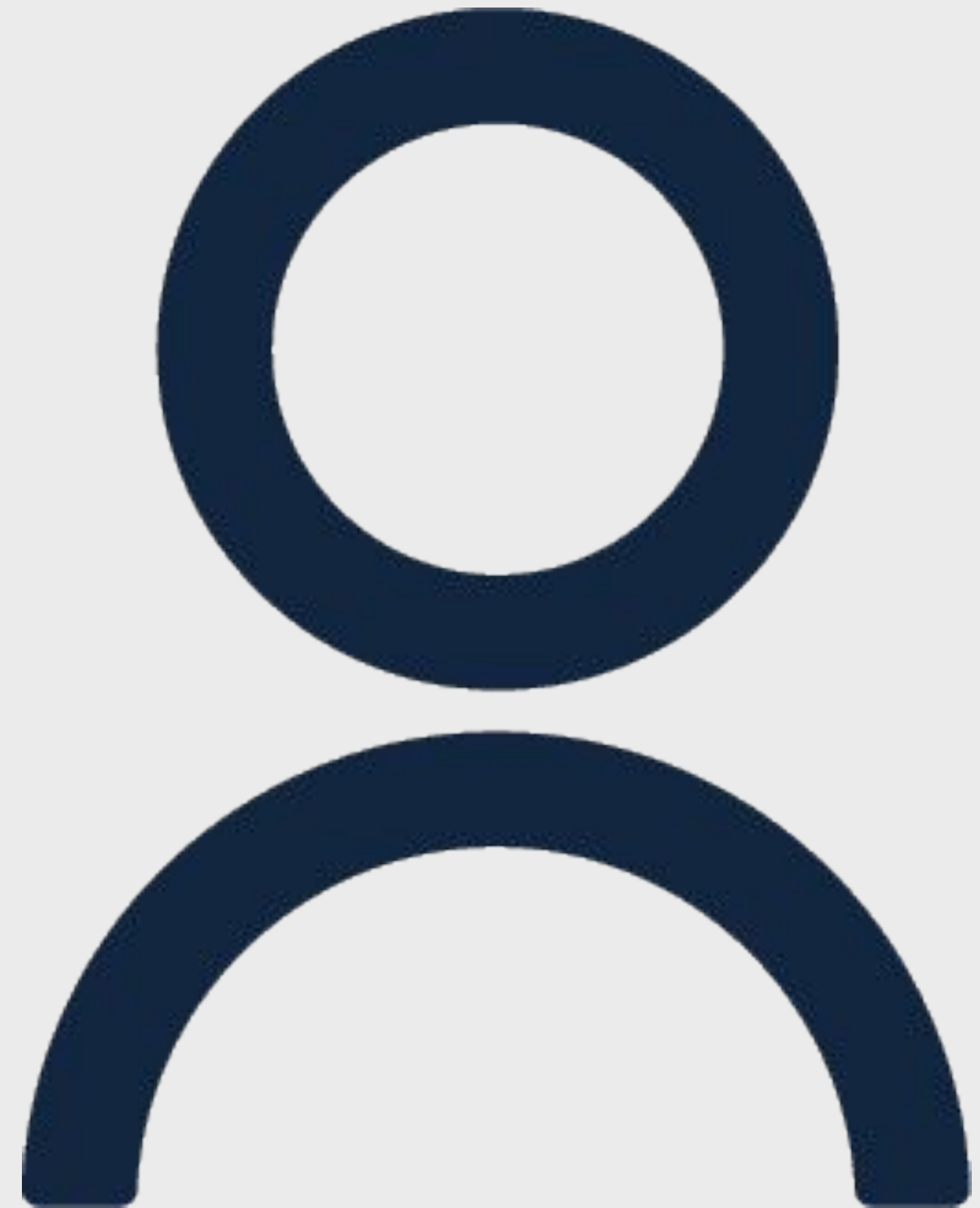


Supporting key groups

Key groups include:

- Pupils with SEND
- Pupils with EAL
- Disadvantaged pupils

These pupils are more likely to have fallen significantly behind in their learning, or to need additional support.



Steps to take

Get regular updates on key groups of pupils

Make sure these include information about pastoral as well as academic success

Talk to school leaders about how these groups will be supported with remote learning

This might be in your remote learning contingency plan, or set out separately

Seek input from parents and families

.For instance, in an annual parent survey



Training for staff

Staff training is critical to supporting pupils wellbeing.

It helps staff:

- Deliver high quality teaching around wellbeing
- Spot signs of wellbeing challenges in pupils early
- Have sensitive conversations with pupils experiencing specific things



Steps to take

Review your staff training record

Look for targeted training linked to PSHE, RSE, or specific wellbeing challenges

Talk to senior leaders about the training and support staff are getting

Make sure the training programme reflects wellbeing needs



What does 'practical' mean for governors?

How do you stay strategic while having an impact?

Strategic impact

- Add a wellbeing focus to key conversations and actions around other school priorities
- Think about pupil wellbeing as you review policies
- Make sure your budget reflects your priorities



Q + A



Working Together

For Better Mental Health in Education

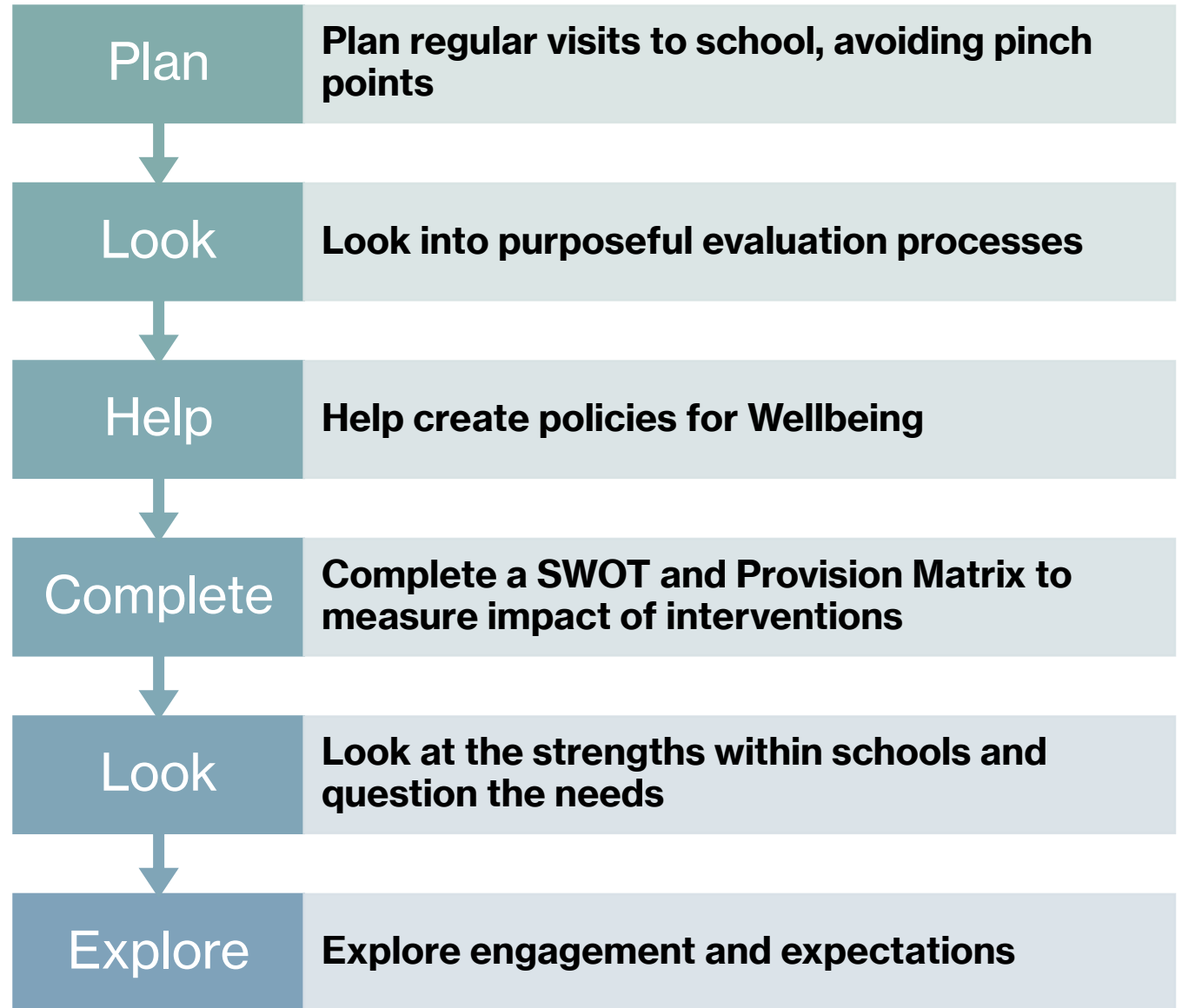
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How can governors work with senior leaders to help develop a strategic approach to pupil mental health and wellbeing?

- Undertake high quality mental health training
- Have a voice on the vision statement
- Support Leaders in building a sustainable strategy
- Monitor action plan's
- Form part of the Change Team
- Have wellbeing and mental health on FGM's
- Ensure plans are feed into the SDP and School Priorities
- Ask what can you do to support the wellbeing of School Leaders



How can governors monitor the impact of mental health and wellbeing initiatives and interventions



How can governors evaluate their own effectiveness in supporting pupil mental health and wellbeing?

- **Collect feedback from stakeholders**
- **Look into building mental health and wellbeing networks**
- **Ensure you ask the magic questions**
- **Do you have knowledge of the local offer for staff, pupils, parents and the wider community?**
- **Have you explored the Ofsted requirements linked to wellbeing outcomes and the changes for the PSHE/RSE curriculum**
- **Be a listening ear**



Upcoming Events and Resources

Mindfulness Practices
to Build Resilience in
Times of Uncertainty

17 November 2020

1.00pm - 4.00pm



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Click here
for more
details...



Coping with Anxiety

A pre-recorded webinar
by Kelly Hannaghan

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Book here at The Education People via CPD
online

<https://cpdschools.theeducationpeople.org/>

Please visit our [Mental Health and Wellbeing website](#) for further resources,
recorded webinars and training opportunities



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Kelly Hannaghan

The Education People



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Empowering Youth

Transforming the lives of young people,
one at a time,
to bring out their greatness within.



Ruth Pearson





Aims of the Session

- Why is it important we look after the wellbeing of vulnerable students?
- Strategies we can put into place.

The journey of Empowerment!

Start

Success

Empowerment
Team

Positive Mindset

Team

Positive Mindset

Empowerment


The importance of inclusion





Being Real with Emotions

IS THIS YOU?	IS THIS YOU?
FEELING GOOD	FEELING BAD
POSITIVE THOUGHTS	NEGATIVE THOUGHTS
GLASS HALF FULL	GLASS HALF EMPTY
OPTIMISTIC	PESSIMISTIC
HOPEFUL	FEARFUL



Putting Strategy into practice


- **Start:** Evaluate where the students are now – student survey and use this as a basis for next steps in school.
- **Team:** Strategic use of staff within the school and outside agencies



Putting Strategy into practice

Empowerment:

- Staff to be trained in Mental Health First Aid and the use of Wellbeing Student Ambassadors.
- Integrations of teaching and learning and wellbeing.



Putting Strategy into practice

- **Positive Mindset:** Building Resilience and the importance of having a growth mindset.
- **Success:** At the end of the school day, reflect on one thing they are grateful for.



Closing thought...

Transforming lives,
one at a time, to
bring out **their**
greatness within!



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