

wellbeing In Education

SHARING LEARNING TO SUPPORT YOUNG PEOPLE'S MENTAL HEALTH



CHILDRENS COMMISSIONER FOR WALES

Whole School Approach

CHAIR - T4CYP

Thanks for joining us

WE'VE COME A LONG WAY!

NEW FUNDING BEING MADE AVAILABLE

Today

EVIDENCE BASED
WHAT NEXT?



750 AMBASSADORS
WORKSHOPS

NEW PLANS IMPLEMENTED IN SCHOOLS

PUPIL SURVEYS



CURRENT SCIENTIFIC EVIDENCE FOR SCHOOL INTERVENTION

PANDEMIC = 1 in 6 CYP SUFFERING

ANXIETY & DEPRESSION



TIMINGS

12 MONTHS + BOOSTER SESSIONS

PREVENTIVE APPROACH

UNIVERSAL

TO ALL

TARGETTED

CHOSEN

DEPRESSION

BASED ON CBT

DELIVERED BY EXTERNAL PROVIDER

DIFFERENT RESULTS

SCHOOL ENVIRONMENT

FEELING CONNECTED IS KEY

HEALTH PROMOTION PROGRAMMES

CHEAP TO DELIVER

BEST DELIVERED BY EXTERNAL PROVIDERS WITH TEACHER'S SUPPORT

SHOWING IMPROVEMENTS IN BULLYING, MENTAL & PHYSICAL HEALTH QUALITY OF LIFE



NYTH NEST

IMAGISTIC.CO.UK

Wolfson Centre
for Young People's Mental Health

Canolfan Wolfson
ar gyfwr Iechyd Meddwl Pobl Ifanc

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SCHOOLS - IMPORTANT SETTINGS FOR HEALTH IMPROVEMENT

CONVENIENT WAY TO REACH MANY CYP

HUGELY COMPLEX BUT ADAPTIVE...

SCHOOLS

FINITE RESOURCES & CAPACITY

WHICH INTERVENTIONS?

GROWING CHOICE 'OFF THE SHELF' BUT

CHANGE TAKES TIME 2-3 YEARS



IMPOSSIBLE TO DELIVER ONE COMPREHENSIVE INTERVENTION

WHOLE SCHOOL APPROACH

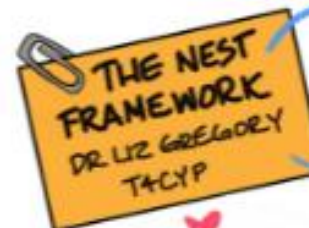
STARTED 2018 ... 2021 NEW GUIDANCE FOR ALL GOVERNING BODIES

MAJOR CURRICULUM REFORM COMING TO WALES

NEXT STEPS

- ★ PROTOCOL FOR EVALUATION OF WHOLE SCHOOL APPROACH
- ★ SYSTEMS EVALUATION

NOT JUST SCHOOL-WHOLE COMMUNITY



"THE WHOLE SYSTEMS APPROACH"

PLANNING TOOL TO PUT MENTAL HEALTH & WELLBEING AT HEART OF SERVICES

EVERYONE HAS A NEST

- ♥ NURTURING
- ♥ EMPOWERING
- ♥ SAFE
- ♥ TRUSTED

NO WRONG DOOR GIVES ACCESS TO RIGHT HELP AT RIGHT TIME

CHECK!

DO YOUR SERVICES FIT THE NEST FRAMEWORK?



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GWENT
WHOLE SCHOOL
APPROACH
DR GEMMA BURNS
DR JAMES CORDING

ALIGNED TO NEST
FRAMEWORK

CO-PRODUCTION
WAS KEY

1

GUIDING
PRINCIPLES

2

SCHOOL VISITS
+ CHATS WITH
CYP & THEIR
FAMILIES

HOW DOES YOUR
SCHOOL SUPPORT
YOUR WELLBEING?

WHO PICKS YOU
UP WHEN YOU
FALL?



VALUES & FRAMEWORK

★ AGENCY

BUILDING
COMMUNITY

PUPIL VOICE

TAKING
RESPONSIBILITY

★ EFFICACY

COLLECTIVE
& SELF

CHOICE &
INVOLVEMENT

BELIEF - ANYTHING
IS POSSIBLE

★ BELONGING

LIKE HOME / FAMILY

CONNECTION

★ LOVE & CARE

SEEING THEM IN
A GOOD LIGHT

TEACHING
ATTITUDE

RULES &
BOUNDARIES

★ SAFETY

PHYSICAL

EMOTIONAL

RELATIONAL

FAMILIES &
WIDER COMMUNITY

CHILDREN &
YOUNG PEOPLE

TEACHERS &
SCHOOL STAFF

3 INQUIRY-BASED LEARNING

SPIRAL OF INQUIRY

WHAT'S GOING
ON?



HOW
DO WE
KNOW?

- ✓ SCHOOLS TRAINED
- ✓ COLLABORATIVE APPROACH
- ✓ BASED ON NEEDS OF SCHOOL

♥ IT'S THE LITTLE THINGS

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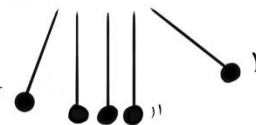
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WHOLE NATION
NOT JUST COMMUNITIES

“((**MOMENTUM** ”
IS THERE TO DRIVE
THIS FORWARD



DON'T EVALUATE
TOO SOON



CAN'T WAIT TO
SHARE
THIS LEARNING



OPEN TO
LISTENING
TO CYP

WE'RE SEEING
THE CHANGE NOW
IT'S MOVING FAST



LEADERSHIP
IS KEY - IN SCHOOL
& OUT

TIME...
FOR CHANGE
TO BE EMBEDDED
SHORT TERM FUNDING
- NO QUICK FIX



SCHOOLS NEED SUPPORT



IT'S A
JOURNEY
WE'RE ON
THE RIGHT
PATH...

AGENCIES
WORKING
TOGETHER



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