

Mental Health and Emotional Wellbeing in Schools

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Key points

- Schools have important role in supporting emotional wellbeing and resilience of pupils and provide early intervention for emerging MH problems
- Pupils with better health and wellbeing are likely to achieve better academically and have better attendance
- Schools have a duty to promote the wellbeing of pupils¹
- School leaders including governors key to a whole school approach.
- Governors with knowledge and understanding of mental health and emotional wellbeing to champion

75% of mental health problems in adult life start by age 18

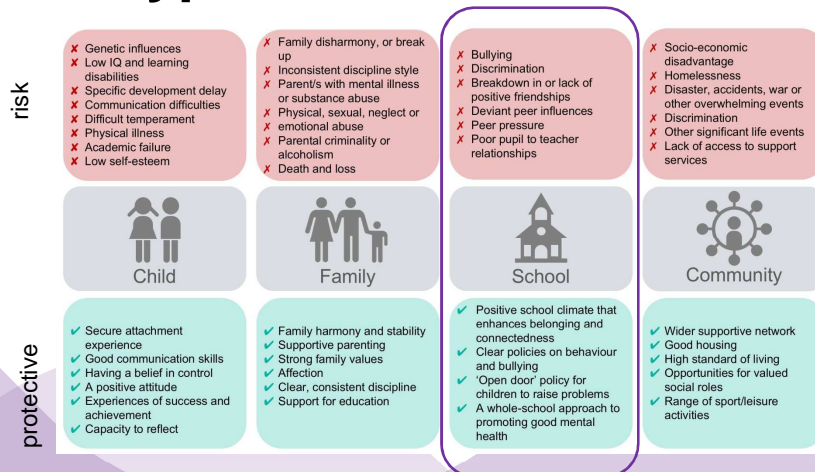
In an average class of 30 15-year old pupils:

- **3** could have a **mental disorder**
- **10** are likely to have seen their **parents separate**
- **1** could have **experienced the death of a parent**
- **7** likely to have been **bullied**
- **6** may be **self-harming**

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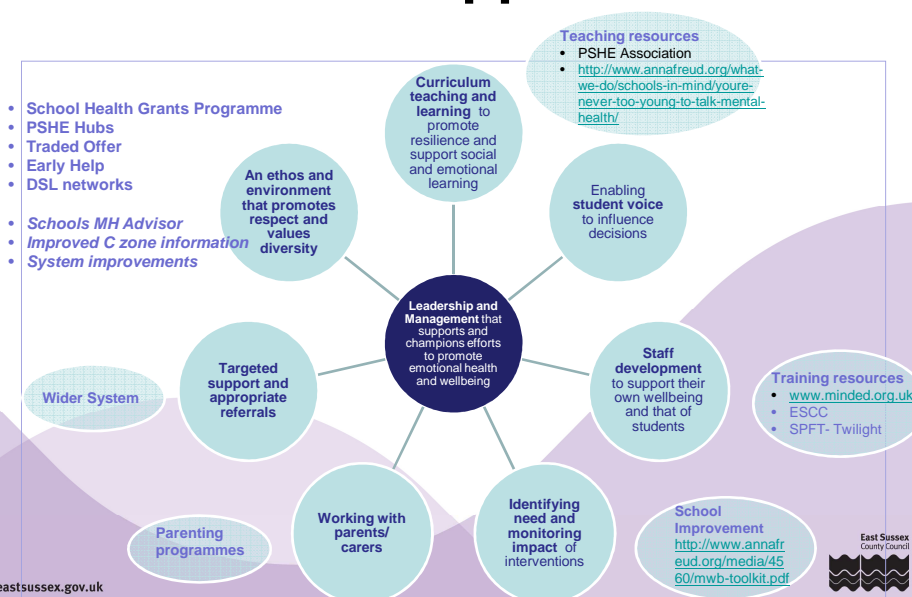
Risk and protective factors for cyp mental health



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Source: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/575632/Mental_health_of_children_in_England.pdf

Whole school approach



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Discussion points

- Governor champions for MH?
- Training for Governors?
- Good emotional and mental wellbeing supports attainment but having specific lessons on it can be seen as taking away from curriculum time –how to achieve a balance?

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So what now?

- What do you think governors should do?
 - Governor champions for
 - Governor training programme
- What should they be asking of their leadership teams and Head teacher on the subject area?
 - How are you supporting each principle of a whole school approach
 - Is social and emotional wellbeing referenced in all improvement plans and policies* and practice?
- How should they check the right things are happening in school?
 - Check appropriate policies exist, are applied, and impact evaluated
 - Ask children, teachers and other staff if they are happy and enjoy being at school
 - Ask about assessment and evaluation of wellbeing and or mental health concerns

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