**What we hope to get out of the Healthy Schools Network**

* A whole school healthy approach
* ACTUALLY implement a change regarding a healthy work life balance and staff and pupil wellbeing
* Advice and strategies to implement a ‘Healthy Well-being’ approach in school
* All staff having confident focus on H&W of students and staff – School priority on SIP
* An awareness of how to promote ‘healthy schools’ within our setting
* Better knowledge about staying healthy emotionally socially and mentally
* Develop a better understanding of mental health wellbeing – learn new ways to support students
* Find out more about the Award
* Gain an insight into the different approaches from the varying schools across the city
* Greater understanding of how to improve mental health and wellbeing
* How to get all children thinking about mental health and how to address it with younger children (KS1)
* How to raise healthy eating profile
* How to support pupils with mental health concerns
* Ideas for dealing with staff stress/workload
* Ideas for ensuring and promoting emotional wellbeing in young children
* Ideas for resilience/calming/de-escalation strategies for the children
* Ideas to promote a healthy lifestyle for our children (parents) and staff (wellbeing)
* Ideas/skills to help deliver lessons with a “Health Focus”
* Improved understanding of children’s mental health and how this impacts their learning
* Knowledge about how to improve and address mental health in schools
* More knowledge about how other schools support mental health
* Network with other schools about what they do to do with Healthy Schools
* Networking and magpie from others (plus share what we do!)
* Planning resources for food tech including healthy food lifestyles
* Promotion of healthy eating and cooking
* RSE guidance
* Sharing advice
* Skills for recognising and helping with mental health
* Support whole school work on resilience and wellbeing
* The Healthy Schools Award
* To achieve the award for Healthy Schools and to become more aware of health and well-being in school and ways to improve this in school
* To understand how best to make mental health/wellbeing more of a whole school approach
* To understand more about it and begin to use it to make a difference at school
* Training opportunities around SEMH

**Whole School Approach**

* A mindful and embedded approach to H&W promoted throughout the school
* All staff involved in one direction
* ALL staff promoting the ideas of healthy lifestyle and particularly wellbeing for all
* Children aware of their own mental health and feel confident discussing them
* Consistency across all staff.
* Everyone being “on board”
* Everyone being on board
* Everyone contributing and engaging with the approach to their best ability
* Everyone, from SLT, to teachers, to cleaners, all promoting health and well-being across the curriculum and all activities
* For everybody to feel safe, secure and able to discuss their health and wellbeing
* Governors – Head – SLT – Teachers – Pupil Voice
* Inclusive – all staff on board available to all when needed children educated to help peers
* Newer approach to educating children in their eating, manners and morals and socialising
* Parents/children understanding of healthy eating/social, emotional and mental health
* SLT through to all staff who work in school to raise awareness of ‘healthy schools’
* To ensure there is a lead at each base to promote healthy schools
* Understanding needs of children with severe learning difficulties of profound multiple learning difficulties – mental health problems can’t always be communicated
* Understanding why children need to miss core subjects to improve their mental wellbeing e.g., why is maths always more important than social groups?!
* Wellbeing and mental health discussed across the curriculum
* Whole school community working together – shared ethos

**Barriers**

* parental engagement (culture of not wanting to discuss mental health)
* school priorities, workload of staff, time
* Staff prioritising other things e.g., SATS, performance management targets, workload!!
* Stigma attached to mental health in different cultures (parents), “Time” within the day – academic pressures, need a Healthy Schools working group
* Student and staff are managed differently
* time
* time and pressure
* time pressure, whole staff involvement, extra workload
* time, work pressures, own wellbeing
* time, workload, asking people to do more!, so many initiatives