



## Effective education around mental health and wellbeing: more than just a few weeks of PSHE

1. What is the purpose of a curriculum? What are we trying to achieve?
2. How do you currently deliver education around mental health and wellbeing in your school?
3. In your opinion, what is the best way to learn content and new skills?
4. Why, (and how) do we learn anything?

### **Effective curriculum design: Issues to consider**

1. Accurately assessing the specific needs of your students
2. Ensuring student engagement with the curriculum
3. The impact of teacher experience
4. Ensuring consistent, quality provision
5. The availability (and quality) of resources and their impact on learning
6. Ensuring all pupils are educated and there is additional enhanced targeted provision
7. Balancing formal and informal education
8. Measuring the impact of your curriculum
9. Organisational and structural barriers



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Effective curriculum design: Issues to consider		
Overall Issue:	Specific factors to consider	Possible solutions
1. Accurately assessing the specific needs of your students		
2. Ensuring student engagement with the curriculum		
3. The impact of teacher experience		



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<b>4. Ensuring consistent, quality provision</b>		
<b>5. The availability (and quality) of resources and their impact on learning</b>		
<b>6. Ensuring all pupils are educated and there is additional enhanced targeted provision</b>		



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<b>7. Balancing formal and informal education</b>		
<b>8. Measuring the impact of your curriculum</b>		
<b>9. Organisational and structural barriers</b>		



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### **Key texts and reports referred to during the presentation:**

Early Intervention Foundation <https://www.eif.org.uk/>

EIF <https://www.eif.org.uk/report/social-and-emotional-learning-skills-for-life-and-work>

Professor Oren Ergas: *'Reconstructing Education Through Mindful Attention'*

World Economic Forum report: [The Future of Jobs](#)

Mental Health of Children and Young People in England, 2017: Summary of key findings – (NHS Digital - November 2018)

<https://www.childrenssociety.org.uk/what-we-do/resources-and-publications/the-good-childhood-report-2019>

Localis: 'A healthy state of mind' (2017)

<https://www.ofcom.org.uk/research-and-data/media-literacy-research/what-children-are-watching-and-why>

<https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2018>

*'Life in Likes'* – A report by the Children's Commissioner into Social Media usage of 8-12 Year-olds

The Doctor who gave up drugs (BBC) series 2 episode 1

Professor Susan Greenfield – *'Mind Change: how digital technologies are leaving their marks on our brains'* & *'ID – the quest for identity in the 21st Century'*

### **Useful Websites / Resources**

Mentally Healthy Schools (Heads together) [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

Children's Health Project [www.childrenshealthproject.com](http://www.childrenshealthproject.com)

PSHE Association <https://www.pshe-association.org.uk/>

Kapow Primary <https://www.kapowprimary.com/subjects/wellbeing/>

Thriving Futures - [www.thrivingfutures.co.uk](http://www.thrivingfutures.co.uk)

Mindfulness in Schools Project <https://mindfulnessinschools.org/>

The Thrive Approach - [www.thriveapproach.com](http://www.thriveapproach.com)

Relax Kids (KS1/2) [www.relaxkids.com](http://www.relaxkids.com)

Penn Resilience Programme <https://www.bounceforward.com/>

Dove Self-Esteem Project <https://www.dove.com/uk/dove-self-esteem-project.html>

Be Real Body confidence Campaign [www.berealcampaign.co.uk](http://www.berealcampaign.co.uk)

Early Intervention Foundation <https://www.eif.org.uk/>

Happy to be Me <http://happysecretseducation.co.uk>

The Girls Network <https://thegirlsnetwork.org.uk>

Thumbs Up <http://www.thumbsupprogramme.co.uk>

Peacemakers Org <http://www.peacemakers.org.uk>

Marvelous Me approach <https://marvellousme.com>