

# Resilient Schools

## A Whole School Approach to Mental Health and Resilience



### Taking Part Fits in with Your School Planning

You can plan your mental health programme around your current activities. It contributes to the requirements of the new PSHE curricular on mental health and digital resilience. It also supports you achieving Silver and Gold awards for Healthy Schools London

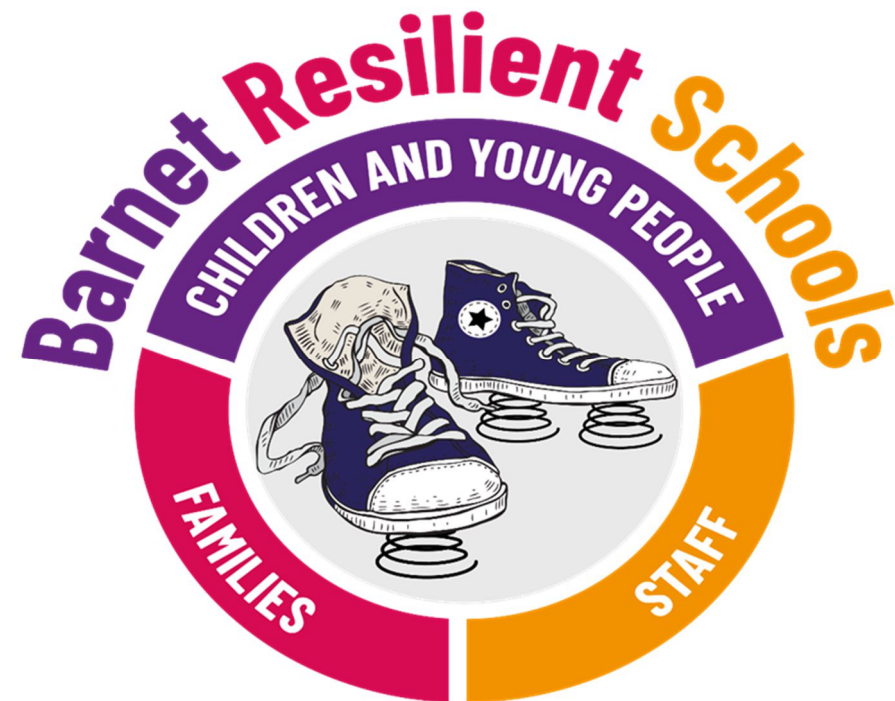
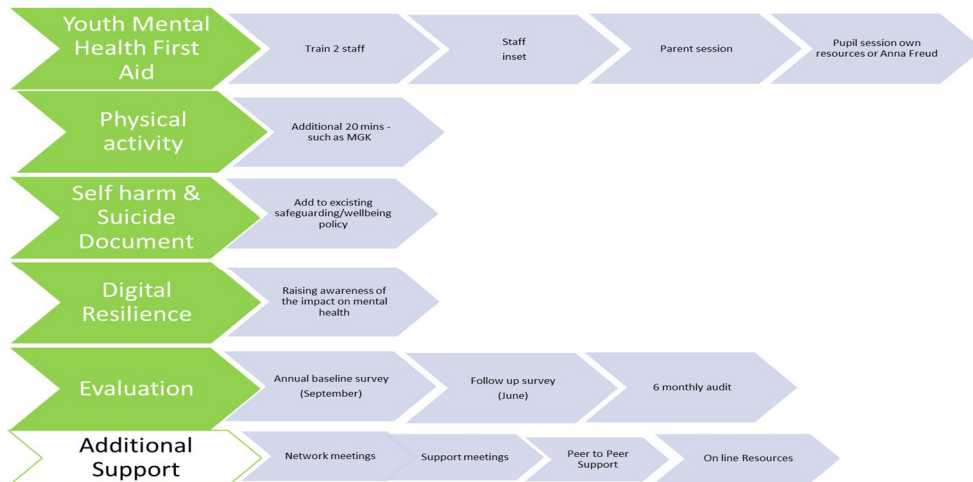


### Find out more

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## A Whole School Approach to Mental Health Resilience

# Resilient Schools Programme

## A Whole School Approach to Mental Health and Resilience



### What is Resilient Schools

The Resilient School Programme provides a framework for schools to assess, improve confidence and awareness of mental health and resilience for pupils, parent/carers and all staff.

Resilience is seen when individuals have a greater ability to “bounce back” when faced with difficulties and achieve positive outcomes.

The programme provides a whole school approach raising awareness providing coping strategies, reducing stigma and discrimination and strengthening resilience.



### Resilient Schools Programme Includes:

Youth Mental Health First Aid—Digital Resilience

Self harm and Suicide Policy—Physical Activity

Learning and Working Together—Mindfulness Training

Peer Mentoring Training



### Resilience Empowers



50% of mental illness starts before the age of 14 years.

1 in 10 children and young people will have experienced mental health.

Schools are best positioned to provide timely support to children and young people

Below are some of the quotes from children and young people after training:

*“Poor mental health can clog up your brain, and telling someone can help this clog get flushed out”*

*“I didn’t used to listen to people when they came with a problem but would listen now, get them something they like to comfort them but if they have big feelings, get an adult”*

*“if someone came to me and said they were depressed I would think it is normal and take more natural approach”*

### Being a Resilient School

As a school community you may already be working towards promoting health and wellbeing as part of the curriculum and as part of your whole school approach. Becoming a resilient school is a key step to supporting the mental health of staff, pupils and their parents/carers

Through taking part in the core components of the programme you can use the Resilient Schools logo to give more visibility and recognition of your achievements and to the wellness approach in your school..

Sally Neaves Assistant Head from Childshill Primary School has been on the project from the beginning. She says.....

*“Our aim as a school is to equip our children with powers and knowledge to be able to be resilient in an ever changing world. Not only did the resilience schools project do this, it opened up our entire communities eyes to the benefits of resilience and mental health. We now know that we stand united in our shared goal for our children- resilience is power!”*