



LEEDS BECKETT UNIVERSITY

CARNEGIE SCHOOL OF EDUCATION

CARNEGIE CENTRE OF EXCELLENCE FOR MENTAL HEALTH IN SCHOOLS

SCHOOL MENTAL HEALTH AWARD

Improve resilience, emotional intelligence, mental health and wellbeing for all members of your community.

This award takes a community approach to mental health providing a framework to evidence policies and initiatives that work towards improving mental health and wellbeing for both staff and pupils within the wider school community. Using a development framework, schools will evaluate current mental health practices, identify gaps, develop and strengthen these and work towards building an emotionally healthy community for all.

WHAT DOES THE SCHOOL MENTAL HEALTH AWARD COVER?

The award takes a whole school approach to mental health and covers eight key competencies each with a series of statements that schools will work to embed.

The eight competencies are:

- Leadership and strategy
- Organisational structure and culture – staff
- Organisational structure and culture – pupils
- Support for staff
- Support for pupils
- Staff professional development and learning
- Working with parents and carers
- Working with external services

WHAT IS THE PROCESS?

The award process allows schools to make mental health and wellbeing a guided strategic priority for school development. The School will develop an implementation plan and guide the school community through a process of building the skills and knowledge needed to bring about whole school improvements in mental health and wellbeing.

Your school will work with an allocated coach to create a personalised action plan for your school. Together, you will develop a portfolio of evidence for your school set against the competencies of the framework. Once submitted, your evidence will be verified against the three levels: bronze, silver and gold.

As well as being recognised as a thought leader in School Mental Health and Wellbeing you will have the opportunity to showcase your practice with other schools, engaging in research and support the building of a professional community.

Your school will receive:

- A self-assessment diagnostic
- An allocated coach who will support the school through the process
- A paper and e-certificate
- A plaque to be displayed in your school
- An e logo to display on your website and school stationery

Your school will gain a profile by appearing on our 'School Mental Health Hall of Fame' on the Carnegie Centre for Excellence for Mental Health In Schools website.

WHY ATTAIN THE AWARD?

- Creates a culture of an awareness of mental health, tolerance and acceptance, helping to reduce behavioural problems and promotes positive mental health strategies.
- Improves community wellbeing for all
- An opportunity for the school to identify its own priorities and areas for development using the framework
- Addresses the needs of all mental health needs of your community including pupils and staff.
- Increases staff retention rates meaning continuity of care and attract high calibre staff.
- Demonstrates commitment to adhere to and exceed professional and government guidance. Allows specific professional development opportunities for all levels of staff whether house based or as part of a whole school team.

HOW MUCH DOES THE AWARD COST AND HOW LONG IS IT VALID FOR?

The award costs **£350 excluding VAT** and lasts for three years, after which you can apply for reassessment to maintain your level or strive for higher quality standards.

FOR MORE INFORMATION:

Contact Louise Turner **0113 8126137**
schoolMH@leedsbeckett.ac.uk
www.leedsbeckett.ac.uk/schoolmh/

Minds
Ahead



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Gwella dyfalbarhad, deallusrwydd emosiynol, iechyd meddwl a lles aelodau'r cymuned

Mae'r wobwr yma yn darparu fframwaith i dystio polisïau a mentrau sydd yn gweithio tuag at wella iechyd meddwl a lles aelodau staff a disgyblion o fewn gymuned ysgol. Gan ddefnyddio fframwaith datblygiadol fydd ysgolion yn gwerthuso eu arferion a mentrau presennol, nodi unrhyw agweddau i wella, datblygu a chryfhau'r agweddau yma a gweithio tuag at sefydlu cymuned emosiynol iach.

BETH YW'R SCHOOL MENTAL HEALTH AWARD?

Mae'r wobwr yn cael ei ddefnyddio fel strategaeth iechyd meddwl ysgol gyfan ac wedi'i rhannu mewn i 8 cymhwysedd allweddol fydd yr ysgolion yn gweithio at integreiddio.

Yr wyth cymhwysedd allweddol:

- Arweinyddiaeth a strategaeth
- Strwythur trefnu a diwylliant- Staff
- Strwythur trefnu a diwylliant - Disgyblion
- Cefnogaeth i staff
- Cefnogaeth i ddysgyblion
- Datblygiad proffesiynol staff
- Cydweithio gyda rhieni a gwarchodwyr
- Cydweithio gyda gwasanaethau allanol.

BETH YW'R PROSES?

Mae'r proses yn galluogi'r ysgolion sefydlu iechyd meddwl a lles fel blaenoriaeth yn eu datblygiad. Bydd cynllun yn cael ei datblygu er mwyn ei integreiddio ac arwain y gymuned i ddatblygu'r sgiliau a gwybodaeth sydd angen i weithredu gwelliannau mewn iechyd meddwl a lles.

Fel ysgol, byddwch yn derbyn cymorth hyfforddwr penodol er mwyn creu cynllun weithredu i'ch ysgol. Gyda chymorth eich hyfforddwr byddwch yn datblygu portffolio o dystiolaeth o'ch ysgol gan ddilyn y cymwyseddau'r fframwaith. Pan mae'r holl dystiolaeth wedi'u gyflwyno fe fydd y dystiolaeth yn cael ei wirio yn erbyn y tri lefel: Efydd, Arian ac Aur.

Yn ogystal â'r gydnabyddiaeth o fod yn arweinwyr iechyd meddwl a lles i ysgolion, fyddwch hefyd yn cael y cyfle i rhannu eich profiad gydag ysgolion eraill, trwy ymgysylltu gyda ymchwil a chefnogi'r sefydliad o gymuned professional.

Byddwch yn derbyn:

- Diagnostig hunan asesiad
- Hyfforddwr penodol i gefnogi'r ysgol trwy'r broses.
- Tystysgrif papur a chopi digidol.
- Plac ymddangosiadol.
- Logo ar gyfer wefan eich ysgol.

Bydd enw eich ysgol hefyd yn ymddangos ar ein 'School of Mental Health Hall of Fame' ar wefan 'Carnegie Centre for Excellence for Mental Health in Schools'.

PAM DYLECH GWEITHIO TUAG AT Y WOBR?

- I greu diwylliant gyda ymwybyddiaeth cadarn o iechyd meddwl, helpu lleihau problemau ymddygiad ac magu diwylliant sydd yn hybu strategaethau iechyd meddwl cadarnhaol.
- Wella lles y gymuned.
- Cyfle i'r ysgol weld yr agweddau sydd angen eu wella gan defnyddio'r fframwaith.
- Blaenoriaethu anghenion iechyd meddwl y gymuned gan gynnwys disgyblion a staff.
- Staff yn fwy awyddus i aros yn eich ysgol a fydd eich ysgol yn denu staff o ansawdd uchel.
- Arddangos ymrwymiad i ddilyn arweiniad proffesiynol a llywodraethol. Mae'n annog cyfleoedd datblygiad proffesiynol i staff.

PRIS Y WOBR AC PA MOR HIR Y MAE'N DILYS?

Pris y wobwr yw **£350+ TAW** ac yn para am dair blynedd. Ar ôl y tair blynedd mae cyfle i ymgeisio am ail asesiad i gynnal lefel eich ysgol neu i weithio tuag at safonau o ansawdd uwch.

AM FWY O WYBODAETH:

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