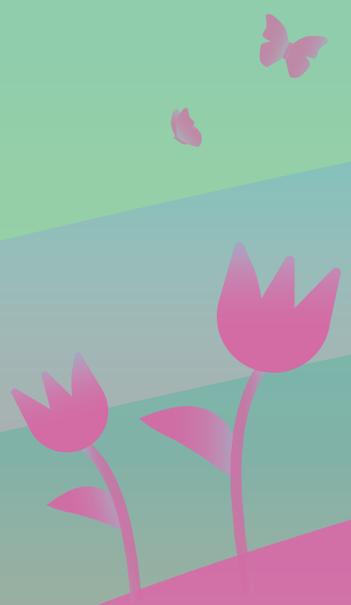




Emotional Health
and Wellbeing in Schools

The Healthy Minds Chartermark

GOLD



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Introduction

The focus of the Bradford Healthy Minds Chartermark is to provide an opportunity for schools and settings to showcase the development of their whole school approach to emotional health and wellbeing. The outcome will ensure a school ethos of attunement, relationships and connection alongside limits, safety, structure and high expectations. The Chartermark is based on eight key principles for mental health and wellbeing as recognised by Public Health England (see graphic below) and follows the same structure as the Whole School Emotional Wellbeing Audit tool for Schools which is distributed through the Mental Health Champions Strategy in Bradford.



Criteria for entry for the Gold Award

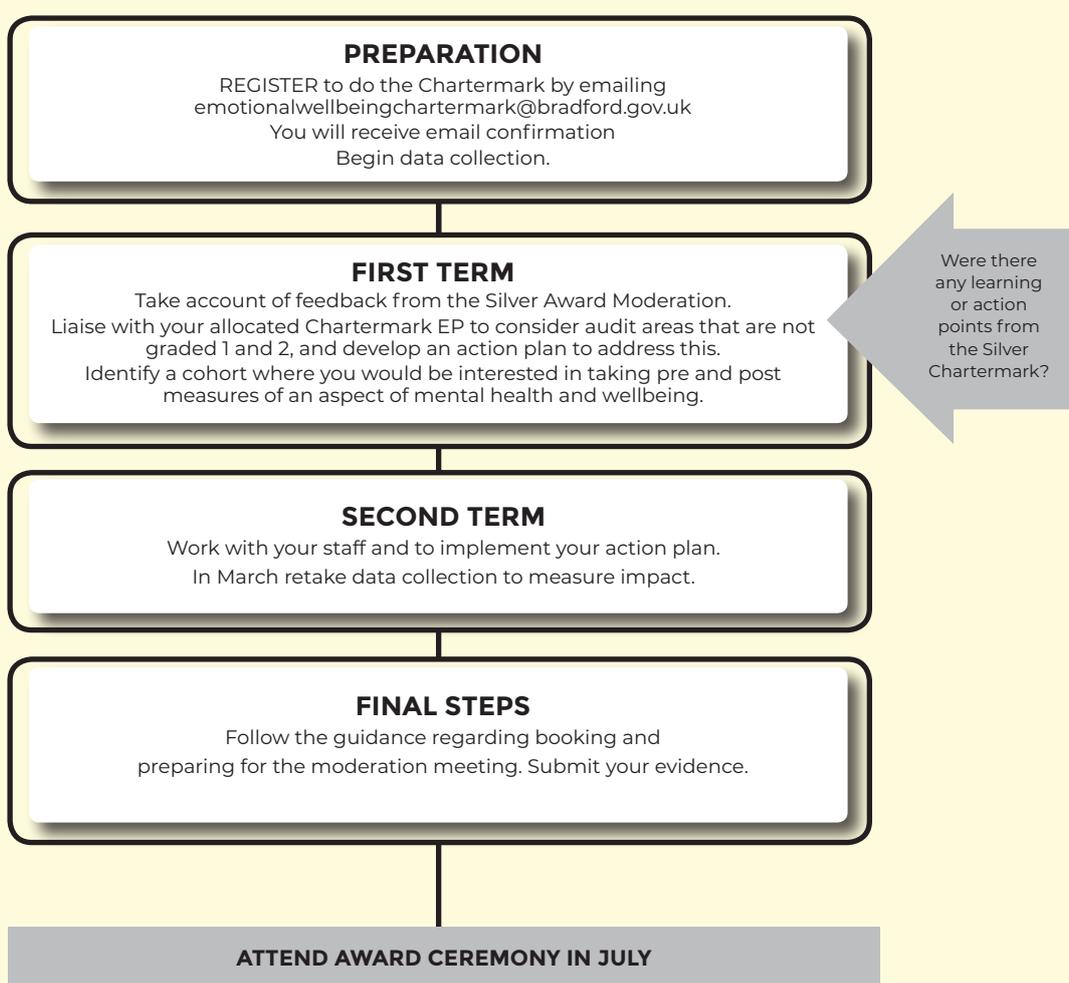
1. Your school will have already achieved the **Silver Award** and developed a whole school approach to wellbeing and mental health in your school
2. The Senior Mental Health Lead will have undertaken the Bradford DfE Approved Senior Mental Health Leads Course
3. You will be a member of Mental Health Champions
4. You will be signed up for interventions training through the Mental Health Champions strategies
5. You will have made links with external support services, particularly the MHST, and developed clear pathways of support for pupils



The Process

Schools will initially contact the Chartermark Team via on EmotionalWellbeingChartermark@bradford.gov.uk to express an interest and ask any questions before they send a formal email to the same email address stating they would like to be formally involved at Gold level. You can start the Chartermark journey at any point in the year.

Schools will then be allocated an EP support to guide them through the recommended timetable of action over the forthcoming year:



At Gold level, schools are welcome to use their own action planning tools. But the Chartermark Audit will remain the key point of reference throughout the process.

Recognition and Reward

On gaining each level of the award, schools will be able to showcase their achievements by:

- Receiving their award at a ceremony where the media will be invited to attend
- Receiving a formal certificate which can be displayed in school
- Receiving a bespoke trophy which can also be displayed in school
- Receiving a banner which can be displayed on the outside of the school

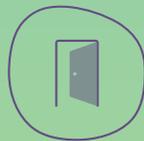
The Moderation Visit

- Book one half day slot using **www.skills4bradford.co.uk** - search the word Healthy in the text search. You will see there are slots to choose from. The slots have already been allocated to named moderators who are unlikely to be your EP Chartermark support.
- Make sure you have sent to either your EP support, or, to the Chartermark email, a copy of everything that is listed in (4) below. This is the required evidence. This is so the moderator is able to read information about your school prior to the half day moderation.
- Book a room in your school to hold the meeting on that date and invite the following people to the meeting
 - a. A member of SLT (who is the Senior Mental Health Lead or manages the Senior Mental Health Lead)
 - b. The Senior Mental Health Lead (this person might be the member of SLT)
 - c. A Governor
 - d. **A Parent when you are doing the gold award only**
- Make sure that you have the following information to hand, ready for the meeting
 - a. For silver, bring a copy of the audit you have completed as part of the process to act as a guide, plus the action plan
 - b. **For gold, just bring the action plan**
 - c. The evidence (photos / written guidance that showcases on paper the whole school approach)

- d. The data for gold will include pre and post measures of a particular cohort / case study, plus data on attendance / exclusions / progress and attainment since developing your whole school approach
 - e. Written policies relating to mental health and wellbeing, including your behaviour / relational policy
 - f. Whole school provision map of your mental health SEMH provision
- Prior to the audit meeting, the Moderator will walk around school with a key adult and with a pupil, to see first-hand how the whole school approach is working. This should start about 9.15 am for morning sessions and 1.15pm for afternoon sessions (give or take time for dinner arrangements) and last no longer than half an hour. The walk will be in the form of an appreciative enquiry.
 - Next, the Moderator will lead the audit meeting and has a script to do this. The audit tool will form the basis of the meeting as the group will go through each of the 8 sections, and the group will discuss evidence underpinning each part of the audit. For Gold, a fresh audit tool will be used, but their previously completed audit can be used as a prompt (along with the action plan and evidence).
 - **The moderator will leave the school and will get back in touch within the week to let you know whether or not you have achieved the Chartermark (Silver or Gold).** For morning slots, the moderator aims to leave the school by 12.15. For afternoon slots, the moderator aims to leave the school for 4pm at the latest.

Criteria for Achieving the Gold Award

- That the school has taken on-board the learning from the silver award and has embedded the moderation feedback into their action planning
- That the school have clearly demonstrated, using a bespoke data collection, improvements in an aspect of mental health of a cohort of pupils within the school (as per section 5 of the DfE SMHL Lead course) , plus, evaluated case studies will also be acceptable
- The school continues to demonstrate good attendance rates and zero exclusions
- The school clearly demonstrates through the audit, that all 8 areas of school life (Public Health diagram above) self-assess at 1s and 2s in the audit (mostly 1s)



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please contact hello@healthyminds.services