

United Against Bullying School Case Study: Mental health awareness across school

How St Paul's CE Academy raised mental health awareness across school

Context of our anti-bullying work

Work around mental health awareness. The effects of bullying on our mental health.

This year, we have appointed a senior mental health lead. This has resulted in a drive in awareness of mental health issues alongside the effects of bullying on mental health

What we hoped to achieve

Rather than a project, raising awareness of mental health has been a significant area of development this year. We are hoping to equip our pupils with strategies to deal with their own mental health and also to identify consequences of bullying on another person's mental health.

The action we took

- The development of mental health awareness in our staff and pupils has been ongoing.
- The parents are sent monthly wellbeing newsletters with ideas and tips to support their children.
- Parents are signposted to useful websites/charities to provide support for their children
- Wellbeing parent evening appointments are offered to parents so they are able to share concerns about their child
- Whole school focus weeks about mental health and the effects of bullying are held once a term. These issues are also discussed in whole school assemblies.
- During discussions of our whole school Christian values, we are constantly reinforcing the importance of being kind and respectful to others.

Impact and outcomes of the work

- During our 'Healthy School' inspection, our wellbeing and mental health provision was flagged as being outstanding. During this visit, the inspectors talked with pupils, staff

and parents. They said the knowledge of our pupils was high and it was evident from talking to them that they had a sound understanding of the effects of bullying on a person's mental health.

- We intend to continue to develop this work next year. It is part of our school development plan for 22/23

What we have learned

It has been particularly useful to have a Senior Mental Health Lead who has been able to access training by the Anna Freud Centre. This has provided our school with an excellent range of resources to support both staff, pupils and parents.