

Guidance on the 8 principles of a whole school or college approach to promoting mental health and wellbeing...

As set out by **The Department for Education**, a whole school approach to mental health and wellbeing incorporates 8 key principles, which when applied consistently will contribute and promote improved mental health and wellbeing for your school community.

This document contains guidance to help you understand how **BounceTogether can support your school in achieving the learning outcomes aligned to the 8 principles**, as well as **evaluate and shape a strategy** specific to the needs of your setting.

There is significant overlap between the 8 principles and **The Ofsted Inspection framework**, so this document also contains information to help your school **showcase the impact of strategy, meet expectations**, and **answer key wellbeing and mental health-related questions**.



The 8 Principles and Key Questions

1) Leadership and Management

How is the school providing visible senior leadership for mental health and wellbeing?

2) Student Voice

How does the school ensure that all students have the opportunity to express their views and influence decisions?

3) Staff Development, Health and Wellbeing

How are staff being supported in relation to their own health and wellbeing to be able to support students?

4) Identifying Need and Monitoring Impact

How does the school assess the needs of students and the impact of interventions to improve wellbeing?

5) Working with Parents, Families and Carers

How does the school work in partnership with parents to promote emotional health and wellbeing?

6) Ethos and Environment

How does the school or college's culture promote Respect, inclusivity and value diversity?

7) Curriculum, Teaching and Learning

What focus is given to social and emotional learning and promoting resilience, and how is this assessed?

8) Providing Targeted Support and Appropriate Referrals

How does the school ensure timely and effective identification of students who would benefit from targeted support and ensure appropriate referral to support services?

Leadership and Management

You are expected to:

- Create a plan to **implement, develop and sustain** a whole school approach, tailored to the school's needs. This should be communicated to all stakeholders; pupils, staff and parents should feel included and valued and form a key part of developing the whole school vision
- Demonstrate sound knowledge of needs in their community and have a **clear implementation plan** with strategies to **identify, understand and overcome resistance**, and bring key stakeholders with on board.
- **Sustain and continually improve the approach**, working effectively with peers to communicate roles and ensure there is a shared understanding of the link between mental health and wellbeing, and achievement.
- **Build strong links with appropriate local services** and feel empowered to use data insights to shape these and monitor the impact of the whole school approach in their setting.

Ofsted will want to understand ...

- How senior leadership are using appropriate funding to support all pupils overcome barriers to learning.
- Monitor whole school strategies and contribute to improvement priorities.
- The extent to which school leaders create a positive ethos in school and work to support their wider school community.

Support from BounceTogether...

- ✓ With the largest repository of research-based wellbeing surveys, BounceTogether can help senior leaders **understand, evaluate and evidence the needs of their community**, as well as **benchmark the current state of play**.
- ✓ Running surveys at regular points can help **inform action plans/ SIP**, shape strategy and **engage key stakeholders**, including external agencies in the whole school approach.
- ✓ BounceTogether enables the **identification of many non-academic barriers to learning** at whole school, year group, class, or individual pupil level. This data can be used to **inform funding allocation** and shared with support agencies.
- ✓ Using Immersive Reader ensures all **pupils, staff, parents/carers can access and understand** BounceTogether surveys.
- ✓ The **impact of school strategies and activities can be clearly demonstrated** to all stakeholders by generating powerful reports at the touch of a button.
- ✓ BounceTogether parent/carer online surveys further **develop and improves parental engagement**, enhancing the partnership by listening to the parent voice.

Student Voice

You are expected to:

- **Develop an inclusive plan to encourage participation** in decision making, including key policy development; curriculum; learning and teaching; clubs and committees and the design of targeted supports and interventions. This should empower and involve all pupils, including those with additional needs and communication difficulties.
- **Identify opportunities for appropriate use of pupil or student peer led wellbeing support.** Pupils can make significant contributions by acting as peer educators and mentors, delivering mental health and wellbeing messages to their peers or acting as role models.
- **Empower pupils to express their views regarding needs**, supports and services. They should be aware of the advocacy arrangements that are in place to support them and feel comfortable seeking help from adults when needed.

Ofsted will want to understand ...

- The views and experiences of pupils. Inspectors often review case studies to evaluate the experience of particular individuals and groups, including disabled pupils, those with SEND, and children with mental health needs.
- The impact of in-school support services e.g. buddy systems, mentors, or peer support groups.
- How pupil views and experiences are heard, evaluated, and acted upon where possible.

Support from BounceTogether...

Surveys **empower pupils and promote pupil, staff and parent and carer voice**. Bespoke surveys can be created on issues the pupils feel are important to them or schools feel are areas of focus.

Analysis of the data at the individual pupil level allows schools to **drill down and address any issues of low self esteem/confidence**. Teachers also develop an understanding of the non-academic challenges pupils face.

Identifying pupils that are thriving can help teachers implement simple strategies to support pupils that are struggling. This data can also help schools **build a strong peer-to-peer support systems**.

Surveys provide endless opportunities for all pupils to **express their views and have a direct impact on decisions made**. All surveys come with language translation, text-to-speech and a whole host of accessibility features.

Data from the online surveys **provides strong evidence** around valuing pupil views. This can be linked with the school's subsequent action plans.

Filters within the surveys of the **individual pupils, different pupil groups, cohorts and demographics** enable a clear evaluation and presentation of their experiences and views.

Staff Development, Health and Wellbeing

You are expected to:

- Share simple evidence-based strategies and exercises with staff to help them manage their mental health.
- Facilitate training to increase staff knowledge of wellbeing and equip them to identify mental health and wellbeing difficulties in pupils. This includes making referrals to relevant support agencies. Learning should be individualised to staffs' own needs and reflect the needs of the school population and local community.
- Understand the factors that affect staff mental health in the workplace so senior leaders can embed supports and structures to assist and reassure teachers in their day-to-day roles.
- Implement a process to gather staff views and capture experiences with sensitivity and appropriate safeguards in place.

Ofsted will want to understand ...

- Quality of teaching - a key judgement area for Ofsted. The inspection criteria makes reference to the importance of ensuring that all teaching staff benefit from appropriate professional development and that performance is rigorously managed.

Support from BounceTogether...

- ✓ BounceTogether provides a range of additional resources to support staff with their knowledge of mental health and wellbeing.
- ✓ With a number of staff surveys, BounceTogether provides schools with a powerful overview of staff wellbeing across many key categories, including job satisfaction and stress.
- ✓ BounceTogether supports Mental Health Leads and other staff in selecting suitable surveys to support particular issues or to carry out a general temperature check and identify any areas of concern.
- ✓ Reports produced from the online surveys can be analysed to identify difficulties on an individual, pupil group, cohort or whole school scale.
- ✓ The survey data then enables staff to plan relevant and effective interventions for pupils, pinpointing key issues and supporting them in overcoming difficulties.
- ✓ CPD is enhanced using BounceTogether to inform subsequent teachings and gain a deeper insight into the whole child. Senior leaders can use these insights to interpret and act upon the views of their wider school community.

Identifying Need and Monitoring Impact

You are expected to:

- **Use relevant tools to assess need and monitor interventions** that support progress. This needs to be built on a robust self-evaluation process and informed by accurate data.
- **Implement a process to identify those who may need additional support**, working with other staff across the school to ensure there is a shared understanding and process in place for recognising need.
- Seek and give feedback to staff, pupils, and parents, to **build quality relationships** and ensure those experiencing poor mental health get the support they need to engage in school life and participate in lessons and extra-curricular activities.
- Work with families and local services to **understand the contextual and environmental factors that may be barriers to pupils' wellbeing**. Teachers can then evaluate policies and take and put interventions in place to alleviate further concerns.
- **Monitor the impact of school interventions** at whole school, cohort or individual level and adapt the approach as needed.

Ofsted will want to understand...

- The quality of leadership and management within a school. Ofsted inspectors will consider the effectiveness of monitoring and evaluation and the extent to which it is shared with governors. They will assess how well a school meets the needs of all pupils, including vulnerable groups.

Support from BounceTogether...



With the largest repository of research-based surveys, Bounce is a great tool for **measuring and quantifying need** within a school. Using the platform allows teachers to better allocate their time away from collecting data or manually evaluating results and **make better use of their professional expertise**.



BounceTogether online surveys and detailed reports provide schools with a **clear and concise understanding of need**. Reports produced allow a **tailored and personalised response** to particular issues at whole school, cohort, and individual level.



BounceTogether provides detailed data reports that formalise survey responses at the touch of a button. These insights can be used by teachers and school leaders **to inform decisions** and **share the impact of practice with key stakeholders**.



Filtering results by individuals, groups, and different demographics provides schools with powerful insight into the wellbeing needs **of vulnerable pupil groups** so teachers can make comparisons and shape more effective targeted interventions.



By providing a platform to support pupil, staff and parent/carer voice, Bounce helps schools **understand the particular issues in their wider community** that could be impacting behaviour, attendance and pupil outcomes.

Working with Parents, Families and Carers

You are expected to:

- Develop strategies to engage parents, families, carers, and the local community in **promoting a culture of wellbeing within and outside school hours.**
- School leaders should **foster positive relationships with parents** and work to build strong, open communication channels where parents or carers from all backgrounds feel encouraged and able to reach out.
- **Signpost relevant evidence-based resources** for families so they can develop skills and strategies to support both their child and themselves .
- **Capture the views and experiences of parents**, ensuring that the most vulnerable families have their voices heard. Efforts should consider cultural needs and possible language barriers.

Ofsted will want to understand ...

- The Ofsted inspection criteria expects schools to be engaging parents in supporting pupils' achievement, behaviour and safety and their spiritual, moral, social and cultural development.

Support from BounceTogether...



Running BounceTogether surveys on parent/carer's mental health and wellbeing **promotes thinking around the adult's own mental health** and the influence that this may have on their children.



Surveying parents/carers can help schools help **identify barriers or difficulties in the home** that can impact pupil engagement and outcomes. Teachers can use the data collated to **formulate and deliver specific interventions** or engage with outside agencies to support parents/carers and family life around specific issues.



Create bespoke surveys to engage parents in supporting their children in different aspects of school life, **developing the home/school link.**



All BounceTogether customers are provided with access to **A Work-Related Quality of Life Survey**, which they can easily make accessible to parents/carers so they can **evaluate how their own experience of work compares to others**. The survey provides a detailed report for free.

Ethos and Environment

You are expected to:

- Make it clear that everyone in school **shares responsibility of creating a positive ethos** and climate of respect and trust.
- Ensure the approach **recognises cultural sensitivities** and ensures all children, staff, and family's families are aware of the support available.
- Use knowledge to **effectively communicate a positive values-based approach** and promote openness and understanding to normalise mental health and its fluctuations throughout life.
- **Understand how to use local services/resources to enhance the school approach** and develop mental health partners in the community, working together across different areas (equality & diversity, bullying & harassment, behaviour, and safeguarding) to connect different policies and support wellbeing.

Ofsted will want to understand...

- When judging behaviour and safety Ofsted looks for evidence of a positive ethos that fosters improvements in the school as well as the promotion of safe practices and a culture of safety.

Support from BounceTogether...

BounceTogether enhances an environment where **mental health and wellbeing is a priority**, where regular pupil/staff views are sought through the surveys and **key issues are identified** within the data produced, informing the specific support required.

BounceTogether supports the **mental health and wellbeing of all school stakeholders** through many validated surveys covering a wide range of key topic areas.

BounceTogether enables the **voices of all stakeholders to be heard**. The surveys and actions taken to support views and concerns, empower pupils and staff alike and **promote a sense of belonging and importance** within the school community.

Schools can use the **insights and data** produced from the surveys to **implement improvements** and **create a positive environment** where all stakeholders feel valued and listened to.

Curriculum, Teaching and Learning

You are expected to:

- Ensure lessons that focus on wellbeing are relevant to pupils in school, so they are more likely to engage. There are a range of ways to **gain insights** into pupil need ranging from **validated assessment tools** to feedback from studies, school, or youth councils.
- **Develop an inclusive cross curricular approach to promoting mental health and wellbeing.** Assessment of this curriculum is important, both teachers and pupils will want to see that learning is clearly progressing.
- **Encourage pupils to take ownership of learning** and progression in health and wellbeing and help design and deliver core components of the curriculum and wider aspects of school life.
- **Recognise the links between physical and mental health** and work to promote this across school.
- Provide opportunities for pupils to develop mental, emotional, social and physical skills, problem-solving, and relationship management skills within the curriculum.

Ofsted will want to understand ...

- The quality of teaching in the school is a key Ofsted judgement area. The inspection criteria states that the teaching should promote learning and the acquisition of knowledge by pupils, as well as raise achievement and promote the pupils' spiritual, moral, social and cultural development.

Support from BounceTogether...



Schools can increase pupil engagement when lessons are targeted around **issues that are prevalent to them**, these issues and insights are gained through surveying the pupils and **planning lessons and interventions that are relevant**.



BounceTogether is a **validated assessment tool**, which hosts the largest repository of **evidenced-based wellbeing surveys** that teachers can use to gain insights and feedback from pupils, staff, parents and carers.



The BounceTogether attitudes to reading survey supports literacy leads and class teachers in gaining a thorough understanding of the **attitudes/barriers to reading**. This directly **supports Ofsted's 'deep dives' in Reading** and provides specific data to inform next steps and support progress in this area. This is further supported by additional resources and guidance from BounceTogether's partners at the School's Library Association (SLA).



Bespoke surveys can be created quickly and easily to assess the acquisition of knowledge in a particular subject area. There are preloaded, research-based surveys already hosted in the platform **to assess attitudes to and experiences of physical activity**.

Providing Targeted Support and Appropriate Referrals

You are expected to:

- Ensure pastoral teams have effective systems in place to identify pupils who require additional support. This should involve, regular dialogue between staff, effective assessment, referral processes, and ongoing professional development.
- Work in partnership with local service providers and mental health professionals to ensure the needs of pupils and adults are known, understood, and used to shape the local support offer.
- Identify and access the most appropriate statutory or independent mental health service provision available in their local area. Delays in identifying and meeting emotional wellbeing and mental health needs can have far reaching effects.
- Make or support effective referrals to children and young people's or adult mental health services, or other services as appropriate. For example, counselling services, educational psychologists, or school nurses.

Ofsted will want to understand...

- Ofsted inspectors will be interested in how monitoring ensures that individual children or groups of children with identified needs are targeted, and appropriate interventions are secured so that children receive the support they need, including through effective partnerships with external agencies and other providers.

Support from BounceTogether...

Both surveys and reports generated by BounceTogether enable the filtering of particular pupil groups, or you can alternatively select a number of specific pupils to assign a survey to.

Either select or create very specific surveys within the platform to identify and support those children that fall into this demographic.

Surveys can be run from day one, with immediate results to analyse and support and interventions put in place.

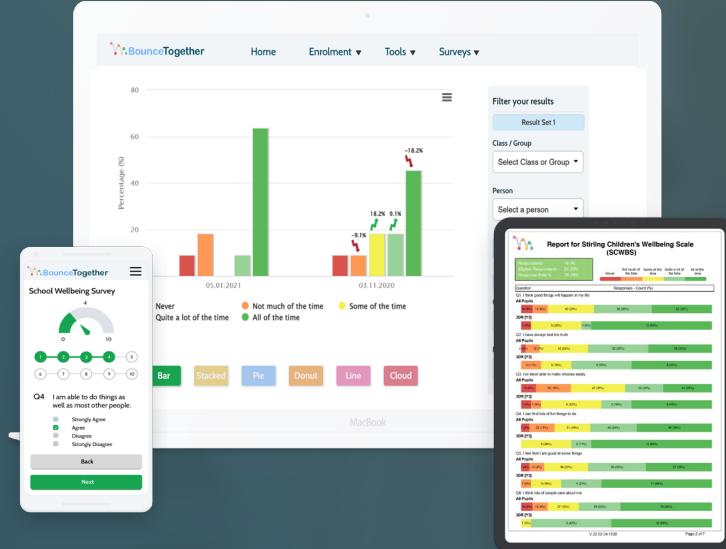
The proactive strategy of running BounceTogether surveys at specific times throughout the academic year to monitor and review. The platform also enables a swift reactive approach to any issues that arise, avoiding delays in addressing and supporting pupils.

Regular monitoring of survey results allows subsequent support and interventions to be targeted and specific to the individual or pupil groups. The comparison tool clearly demonstrates the impact of any targeted support.



BounceTogether is absolutely integral to how we assess wellbeing in our school.

Soofia Amin /Kensington Primary School



Book a demo today



@bouncetogether



www.bouncetogether.co.uk

