

Whole Student Approach

for a whole school approach to mental health and wellbeing

Caring relationships and connections

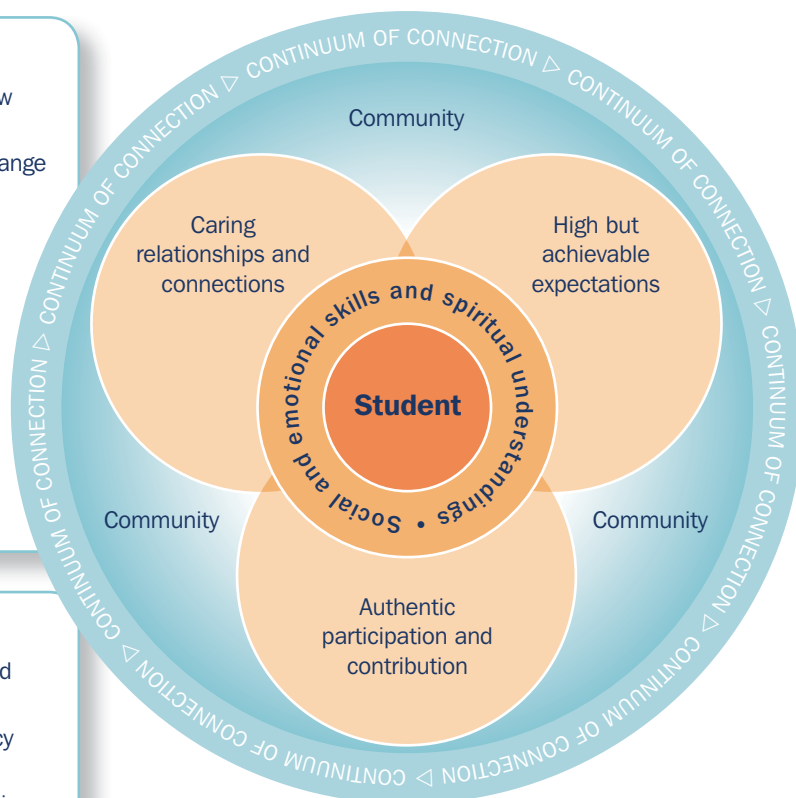
- Provide structures for staff and students to get to know each other
- Negotiate a positive school relationship code, with a range of community members, staff and students
- Provide one teacher/staff member as an advocate for each student
- Offer confidential counselling processes and locations
- Provide for community member mentoring schemes
- Embed relationships skills in the curriculum
- Give specific praise to students for genuine effort
- Offer school connections for past students
- Evaluate school policy content for aspects of mental health and wellbeing

High but achievable expectations

- Value individual student aptitudes and strengths in and outside the curriculum, and include in reporting
- Arrange a teacher roundtable on literacy and numeracy levels catering for the diverse range of students
- Survey the range of classroom methodologies in practice and respond with staff PD
- Provide flexible structures and choices for students with mental health difficulties
- Discuss with staff how to respond to the personal circumstances of students
- Teach and model goal-setting for students at the start of the year
- Skill up students to self- and peer-assess
- Negotiate assessment, homework and learning opportunities with students in all classes
- Engage staff in professional development on negotiating expectations

Student beliefs and attitudes

- Support students to become aware of their beliefs and attitudes with SEL
- Create an understanding about the link between beliefs and culture
- Acknowledge the diverse beliefs of others in school celebrations
- Use staff PD to discuss the impact of our beliefs on others
- Discuss how to promote a positive sense of self for all students
- Workshop the link between beliefs and behaviour



Community beliefs and attitudes

- Develop an awareness of the diverse range of community attitudes and beliefs by using MindMatters surveys
- Involve community role models in specific courses
- Negotiate protocols for family and parent involvement
- Advertise community health services within the school
- Embrace community skills and involvement within school processes.

Authentic participation and contribution

- Survey the level of safety in the school environment
- Use student leadership in decision making in policy and procedures
- Teach and practice skills for cooperative learning across the curriculum
- Provide for a sense of personal choice and responsibility with learning
- Assess the level of inclusivity in school structures
- Use a customer service survey for student clients using local mental health services and pathways
- Encourage pro-social activities with peers and community, including volunteering
- Offer a range of physical activities for all students
- Reward and acknowledge academic and non-academic success