

Reflective planning questions

Prompts for a conversation with your MindMatters State Project Officer.
Please reflect on, or jot down answers to, the following questions:

1. What apparent level of **awareness and knowledge** does the **staff** in your school currently have about mental health?
2. What **commitment** does your **staff** have to developing a whole school approach to mental health and wellbeing?
3. What percentage of **active support** is being provided by the school **executive** as part of a whole school approach to mental health and wellbeing?
4. What is your **major aim** for implementing and monitoring a whole school approach to mental health and wellbeing?
5. What has happened **before now**? Consider both positive and challenging aspects.
6. Who are/will be the initial members of a *MindMatters/Wellbeing* **core team** who already/will plan, and oversee a whole school approach to mental health and wellbeing? (names and positions)
7. What mental health related **data** and background information do you have or need that can inform your implementation of *MindMatters*? Consider data related to sector requirements eg National Partnerships.
8. Are there **particular aspects** of mental health and wellbeing on which your school wishes to focus? Eg bullying, student empowerment, teaching and learning.
9. How does your school work with **students experiencing high support needs** in mental health?
10. Have there been any specific **recent events** impacting upon the mental health of students/staff?
11. With whom and how are you working with sector staff on your intentions and processes?
12. What **ongoing support** do you anticipate you will need from the project officer across 12 months? What is the best way to go about our **work together**?