

How To Start A

MENTAL HEALTH CHAMPIONS

Revolution At Your School In 2025!



WHO WE ARE...



**UK's #1 Provider Of Mental Health Champions
Training For Children and Young People In
Schools**



**We Empower Your Pupils To Promote And
Support Positive Mental Health Across Your
Whole School!**

WE'VE SUPPORTED OVER 1000 SCHOOLS ACROSS THE COUNTRY...





Inner City Primary Schools



Middle Schools



Small Rural Village Schools



Secondary Schools



Felsted

Private Schools



Grammar Schools



6th Forms and Colleges



Multi Academy Trusts



Local Authorities



Specialist SEND Schools



Alternative Provisions



International Schools

Brooklands SCHOOL

School report



Inspection of Brooklands Middle School

Brooklands Drive, Leighton Buzzard, Bedfordshire LU17 3PF

Inspection dates: 3 and 4 July 2023

Overall effectiveness **Good**

The quality of education **Good**

Behaviour and attitudes **Good**

Personal development **Good**

Leadership and management **Good**

Previous inspection grade **Good**



What is it like to attend this school?

Pupils at Brooklands Middle School are happy. They enjoy coming to school. They know their teachers want them to do well. Most pupils work hard in lessons to meet these high expectations.

Pupils are polite, respectful and engaging. They celebrate difference. They are clear that it does not matter if something makes you different. You are still welcomed and included. As a result, bullying is rare. On the unusual occasion where bullying does happen, pupils fully trust adults to sort it out.

Pupils feel part of a community. They form highly positive relationships with each other and with adults. These relationships create an environment where everyone feels safe. Pupils know that there is always someone who will help them if they are feeling down. Mental health champions make sure that everyone has a friend to talk to or to play with. Older pupils are well supported and excited about moving to upper school. This excitement is tinged with sadness because they know they are leaving something special behind.

A broad range of opportunities is offered for pupils to develop new, and nurture existing, talents. All pupils take advantage of these opportunities with enthusiasm.

What does the school do well and what does it need to do better?

Leaders have adopted a curriculum that is ambitious, broad and creative. They have set out exactly what pupils need to know to succeed in the next stage of their education. This knowledge is broken down into small pieces. Leaders use information about what pupils already know when they join Year 5 to adapt plans and plot precisely what pupils will learn as they progress to Year 6. The curriculum is planned so that pupils have the knowledge to succeed when they transition to upper school.

Subject leaders have a clear understanding of how best to meet the overarching curriculum aims. Most teachers deliver the planned curriculum well. They help pupils to succeed by using precise explanations and examples. They use questions to check effectively what pupils know and if they are ready to move on. Pupils respond by engaging in learning activities with confidence. They add new information to what they already know and deepen their understanding. Pupils learn well and can apply this knowledge to solve problems.

Senior leaders have prioritised the use of training time for generic approaches to teaching. This has left a deficit in some teachers' knowledge of how to teach the subject curriculum well. Consequently, teachers sometimes use, for instance, less helpful examples, explanations and feedback to pupils' ideas. This slows the pace of learning for some pupils.

Inspection report: Brooklands Middle School
3 and 4 July 2023

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**Leighton Buzzard,
Bedfordshire**

WHY WE'RE ON A MISSION: *TRAINING CHILDREN AND YOUNG PEOPLE* AS MENTAL HEALTH CHAMPIONS...



WE'VE SPOKEN TO ABOUT 4000 SCHOOLS!!!

What do you think are the most common issues that children and young people are struggling with at school right now?



Emotional
Regulation



Low in
Resilience



Friendship
Troubles



Issues at
Home

RISING MENTAL HEALTH ISSUES IN CHILDREN

- **In 2017:** 1 in 8 children aged 8-16 (12.5%) had a probable mental health disorder.
- **In 2023:** 1 in 5 children aged 8-16 (20.3%) and nearly 1 in 4 young adults aged 17-19 (23.3%) have a probable disorder.
- Between 2017 - 2023 there has been a 62.4% rise in mental health disorders among children aged 8-16.
- Children were 7 times more likely to miss more than 15 days of school in a term compared to children without a mental health disorder.

Source: *NHS Digital (2023)*

HERE'S WHAT REALLY MATTER MOST...



The Halifax Academy

I have learned that mental health is extremely important and is a big part of your life. It affects how you think, feel and act.



Thornbury Primary
Leadership Academy

I want to spread awareness about mental health because it affects people on the inside.



BROWNEDGE ST MARY'S
CATHOLIC HIGH SCHOOL
'Let your light shine'

I have learned that everyone has mental health, different positive ways to overcome barriers and ways to help myself and others.



I learned how I can control my emotions and how to solve bad situations and give advice to others.

WE CAN HELP YOU... BUILD A TEAM OF CHAMPIONS IN YOUR SCHOOL

“My Team of Mental Health Champions are an extension of me... they are my extra eyes and ears around school”

Sandra Watson

Lead DSL for Mental Health and
Intervention Manager



**Brownedge St Mary's
Catholic High School**



HERE'S HOW WE WANT TO HELP YOUR SCHOOL GET STARTED FOR FREE...

- 1** A Complementary Strategy Meeting To Map Out Your Own Mental Health Champion School Project.
- 2** You Then Get Access To The *'Awaken The Mental Health Champion Within Course'*.
- 3** School Staff Training Webinar On How To *'Build A Team Of Mental Health Champions'* In Your School.

LET'S MAP OUT YOUR OWN MENTAL HEALTH CHAMPION SCHOOL PROJECT



WHO

We'll help you get clearer on which pupils you'd like to empower.



WHAT

We share our expertise & experience to help you identify ways to involve and support your pupils!



HOW

You'll get a step by step plan for how to run your project to have a school wide impact.



ACCESS ONLINE LESSONS TO COMPLETE 'AWAKEN THE MENTAL HEALTH CHAMPION WITHIN' COURSE!



SCHOOL STAFF TRAINING WEBINAR ON HOW TO 'BUILD A TEAM OF MENTAL HEALTH CHAMPIONS' IN YOUR SCHOOL!



TOOLS TO HELP YOU GET A FAST START!



- ✓ MHC Scorecard For School
- ✓ Select WHO to train
- ✓ Plan your impact GOALS
- ✓ 21 Ways to EMPOWER MHCs
- ✓ Pupil Application Form
- ✓ 13 Ways to Fund MHCs

TO GET STARTED FOR FREE REGISTER YOUR INTEREST TODAY!



www.onegoal.co.uk/BSW

CONTACT DETAILS



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