

| The Suthers School

**Where students benefit
from lessons that build a
strong healthy mindset**

| More to an education than academia

The Suthers School first opened in 2017, a non-selective secondary school serving the communities of Newark and the surrounding areas, known for deprivation.

The Suthers School recognises that young people need both a strong academic foundation and well-developed character strengths to really thrive in education and the world beyond. And that pupils with better emotional wellbeing make more progress and are more engaged at school.

They went looking for an evidenced approach and are already seeing the benefits of the **Bounce Forward** lessons and have since been awarded the Healthy Minds Kitemark by Lord Richard Layard, Emeritus Professor of Economics at the London School of Economics.



“ Life skills are just as important as academics.

*Lord Layard,
Professor of Economics*

| Evidence Base

Associate Professor in Behavioural Science, Grace Lordan and Professor of Health Economics, Alistair McGuire from the London School of Economics evaluated Healthy Minds in 35 UK schools to evidence improvements in health, wellbeing and behaviour.



“ It is now well accepted that physical and emotional health and behaviour of children and teenagers have a big impact on their later lives. These characteristics have been shown to predict work and earnings outcomes in adulthood, as well as long-run psychological and health outcomes.

Dr Grace Lordan, Associate Professor in Behavioural Science

I The Suthers School approach

Is to timetable weekly Personal Development lessons which combine all of the statutory elements with a very deliberate emphasis on the vital character strengths which contribute to students' resilience.

Head of School, Andrew Pettit, says "This approach means that we not only deliver the statutory elements of Relationships and Sex Education (RSE) and Health Education but do so in a way that really enables students to recognise their own potential and face challenges with confidence."



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I have had a lot of students stay behind after the lesson wanting to let me know that the lessons are really helping them. They tell me that they are able to help other students or remind them to use their new resilience skills.

Jyoti, Head of Personal Development, The Suthers School

I Instant results

Jyoti Pettit, Head of Personal Development, said "After just one term, we have already seen a positive impact; improved self-awareness and a greater level of social intelligence means students get on better and can already apply their learning to their experiences in school."

The shift in mentality is taken home and shared with siblings and friends alike. This school, like others implementing Healthy Minds, expects to see longer-term impact, as students progress through the full Bounce Forward Healthy Minds curriculum and is already exploring the ways to deepen and develop staff, student and parent engagement.

The practical benefits are clear from the outset. As Jyoti says,

"When a student comes to me saying *I'm really worried about my French test later*, I'm able to say 'Let's WoBble' (a skill to stop catastrophising) and the student is able to apply the knowledge from the lesson right then and there. So there is meaning for them and it helps us as staff to deal with a real-life situation in a way that actually works."

Core resilience skills such as this are built up over time through carefully sequenced units which build and broaden students skills and knowledge. They learn how to navigate social media, develop healthy connections and relationships, the science of mental illness and really prepare for adulthood in a way that it relevant and connects to what they are doing in schools right now.

The result?

Well-rounded young adults, ready to make a positive impact on the world around them and equipped with the skills and attributes to really thrive.



"*I'm really happy we are learning about this in school because its helping me with my anxiety.*"

Year 7 Student, The Suthers School

"*I never really understood that people's emotions might not match up to their facial expressions.*"

Year 9 Student, The Suthers School

How can you start your journey and work towards the Bounce Forward Healthy Minds Kitemark?

Bounce Forward Healthy Minds is easy to implement and delivers positive results for staff and students. Contact us for a **30min free discussion** this week.

Bounce Forward also runs resilience-building webinars for parents – **click here** to find out

Free consultation

Speak to us today



Endorsed by
Lord Richard Layard
London School of Economics



“The Healthy Minds Curriculum from Bounce Forward is a fundamental part of our Personal Development curriculum and helps underpin our whole-school focus on character education. It is already having impact and I am really excited to see the ways in which our students continue to progress.”

Andrew Pettit, Head of School