

Bounce Forward Healthy Minds Kitemark

Introduction

- When it comes to the mental resilience and emotional wellbeing of our children, prevention is better than cure.
- Teaching young people, the skills and knowledge to develop their psychological fitness is a priority in the 21st century.
- Lord Richard Layard, Emeritus Professor of Economics at the London School of Economics wants Healthy Minds to be in every school in the world.
- Lord Layard awards the Healthy Minds Kitemark to schools that make a strategic decision to embed Healthy Minds.
- School receive a certificate and letter from Lord Layard.



Bounce Forward Healthy Minds Kitemark

Criteria

- A strategic approach to wellbeing, that is owned by senior leaders, governors, and supported by parents and the wider school community.
- Regular and sustained timetabled teaching and learning, facilitated by trained staff to teach Bounce Forward Healthy Minds that builds social and emotional capacity.
- Impact data on teaching and learning is collected for one-year for monitoring quality and standards in line with other subject areas.
- The work is featured as part of school improvement plans and activity is needs led based on review, data and feedback.



Bounce Forward Healthy Minds Kitemark

To achieve the kitemark schools must

- Evidence of all the criteria
- They will receive
 - Certificate of Bounce Forward Healthy Minds Kitemark
 - Kitemark logo
 - Confirmation letter from Lord Richard Layard on London School of Economics headed paper
 - Press release wording for newsletters



Process

- Identify lead staff member and Healthy Minds teaching timetable.
- Set up data collection (Bounce Together platform, arranged by Bounce Forward).
- Complete 'foundation' resilience training and complete self reflection and evaluation.
- Complete **Social Media Investigated** training and complete self reflection and evaluation.
- Complete **.breath** training (provided by Mindfulness in Schools Project).
- Provide evidence of
 - one-year monitoring
 - included on school improvement plan
 - timetable plans for continuing Healthy Minds as students move through the school years
 - Identify staff who will train in:
 - Teaching Big Sticky Beliefs
 - From School to Life
 - Mental Illness Investigated

Support

- Bounce Forward will support and help you through the process.
- Provide guidance as required on:
 - Identifying staff
 - Timetabling structure
 - Accessing the Bounce Together platform
 - Accessing .breathe training
 - Evidence to achieve the Healthy Minds Kitemark
 - Raising the profile of your status

