



**Bradford Healthy Minds Chartermark  
&  
Bradford DfE Accredited Senior  
Mental Health Leads Training**

**Bradford Educational  
Psychology Team**  
DR KAY TASKER-SMITH

# Eight Key Principles



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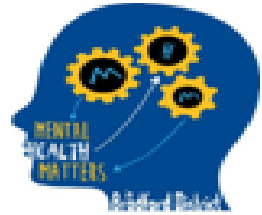
## Rationale

The focus of both the **Bradford Healthy Minds Chartermark** and the **Senior Mental Health Leads Course** is to support the development of their whole school approach to emotional health and wellbeing.

The outcome will ensure a school ethos of attunement, relationships and connection alongside limits, safety, structure and high expectations.

They are both based on eight key principles for mental health and wellbeing as recognised by Public Health England





**Mental Health Champions Core**

**Claire Cooper-Jones**

Nominated member of staff (MH Champion) attends termly Network Meetings to exchange information and signposting.

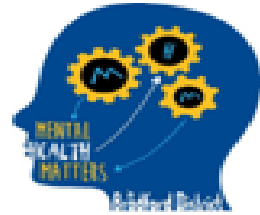
Termly Parent Workshops.

Half-termly newsletters and other regular communication.

(Champion can be any member of staff – limited to one per school)



For schools who only require access to key information but who do not require further support or training.



**Mental Health Champions Plus**

**Sophie Davis**

All MHC Core with addition of:

Termly network meetings for (same) nominated Champion on MH/EW related training on a variety of topics to support with awareness raising and early intervention.

Access to supervision for nominated Champion to help with their development of whole-school practice.



For schools who wish to access training and further support in developing their whole school provision with regards to mental health and emotional well-being



**Senior Mental Health Lead Training**

**Kay Tasker-Smith**

Grant Funded and Approved by the DfE, this course is for individuals at management level in schools. It is designed to help strengthen your school or college's offer on mental health and wellbeing. There is a strong emphasis on psychological theory and practical aspects of managing change. It also provides information on evidence based whole school approaches.



**Healthy Minds Chartermark**

**Kay Tasker-Smith**

Alongside improving outcomes for children, the Chartermark offers opportunity for Bradford schools to gain recognition for outstanding practice with regard to mental health and emotional wellbeing, with three awards being built into the process: Silver, Gold and Platinum.



Schools signed up to any one (or more) of these 3 projects can access the intervention training. Schools can send their MH Champion or DfE Lead and one other member of staff. One intervention per term.



**Healthy Minds Wellbeing Intervention Training**

**Sophie Davis and Claire Cooper-Jones**

Access to staff training in 1 of 4 evidence-based interventions relating to MH/EW/SEMH:

- Emotion coaching
- Zones of Regulation
- Mindfulness
- Restorative Practice

Plus follow up support for whole-school implementation

# What are the combinations available to Bradford Schools?



## Mental Health Champions Core (MHCC)

Termly access to information sharing and signposting for Mental Health Champions + termly parenting workshops  
<https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk>

## Mental Health Champions Plus (MHCP)

Termly training for Mental Health Champions <https://bso.bradford.gov.uk/content/mental-health-champions-plus>



## Senior Mental Health Leads Training (SMHLT)

DfE Approved formal training for SLT lead based on 8 key principles of Public Health whole school approach to Wellbeing <https://bso.bradford.gov.uk/content/bradford-dfe-accredited-mental-health-leads-training>



## Healthy Minds Chartermark (HMC)

An award from Bradford LA for a Mental health and emotional wellbeing whole school approach (lead by Senior Lead) <https://bso.bradford.gov.uk/content/bradford-healthy-minds-chartermark>

Healthy Minds training interventions are included within the offers

# What is available to schools outside the Bradford District?

## Senior Mental Health Leads Training

*DfE Approved formal training for SLT lead based on 8 key principles of Public Health whole school approach to Wellbeing*

<https://bso.bradford.gov.uk/content/bradford-dfe-accredited-mental-health-leads-training> *all relevant info is on this web page*



# DfE Approved Senior Mental Health Leads Training



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- Can be done on its own
- Can be done with Health Minds Chartermark
- Can be done with MHC+

<https://bso.bradford.gov.uk/content/bradford-dfe-accredited-mental-health-leads-training>

## Only Senior Leads can apply

1. Leadership and management
2. Ethos and environment
3. Staff development
4. Curriculum, teaching and learning
5. Coordinated support
6. Identifying need & monitoring impact
7. Parents and carers
8. Student Voice



# **DfE Accredited Senior Mental Health Leads Training**



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**DfE Criteria for this training to access the DfE Grant:**

- 1. You have a designated Senior Mental Health Lead identified**
- 2. You are committed to undertaking a whole school approach**
- 3. You are a state funded school**

# DfE Approved Senior Mental Health Leads Training



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- Delegates can apply for a £1200 grant from the DfE: the course costs £600
- The DfE expects schools to develop a plan for a whole school approach
- All 7 training sessions will be held on line virtually at an **introductory level**
- Time is made available for delegates to access 1:1 at the end of each session
- Delegates will be signposted to self directed learning activities
- Delegates receive a folder of resources at the end of each session via email
- Delegates receive a certificate at the end of their course
- This course is open to delegates **NATIONALLY**
- **Healthy Minds Chartermark & MHC+** are available **LOCALLY** to Bradford schools
- Further queries are welcomed from the school Senior Mental Health Lead or another member of SLT and our email address is: [BradfordSeniorMentalHealthLeads@bradford.gov.uk](mailto:BradfordSeniorMentalHealthLeads@bradford.gov.uk)



# Healthy Minds Chartermark



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<https://bso.bradford.gov.uk/content/bradford-healthy-minds-chartermark>

**Schools need to be committed to developing a whole school approach to mental health and wellbeing based on the 8 principles**

- 1. Leadership and management**
- 2. Ethos and environment**
- 3. Staff development**
- 4. Curriculum, teaching and learning**
- 5. Coordinated support**
- 6. Identifying need & monitoring impact**
- 7. Parents and carers**
- 8. Student Voice**



# The Process



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**STEP 1:** Have an initial consultation with Kay Tasker-Smith (contact by email in the first instance) and read STEP 2 and STEP 3 thoroughly

**STEP 2:** Undertake the Chartermark Self-Assessment Audit, & the Staff Questionnaire

**STEP 3:** (a) Do the Action Plan (b) Identify evidence

Finally **Complete the Registration Form** and send it through email [EmotionalWellbeingChartermark@bradford.gov.uk](mailto:EmotionalWellbeingChartermark@bradford.gov.uk) . The Educational Psychologist allocated to your school will guide you through the form completion at the end of the process.

# The Healthy Minds Chartermark



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## Year 1 - Silver

To gain the **Silver Award**, you have given yourself **one year** to embed good practice by building foundational support and plans, strengthening social and emotional learning and reflecting on data for continuous improvement.

You will then submit the required documentation and be visited by the **Chartermark Moderation Team**. Some schools will have spent time developing a whole school approach with Mental Health Champion Support; in those circumstances schools should use the Chartermark Self-Assessment Document and work with the Chartermark Educational Psychologists.

# The Healthy Minds Chartermark



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## Years 2 and/or 3 - Gold

To gain the **Gold Award**, you are able to present **data at the end of year 2 or 3** (data dependent) to evidence that good practice is embedded and an impact has been made.

Your application will be scrutinised by a panel of LA Officers from School Improvement / SEND plus Head Teacher Representatives.

You will also have **had a school visit** from LA Officers (School improvement/ SEND/HT Rep), called the **Chartermark Moderation Team**, who will be able to talk to staff, children and parents to see first-hand the impact of your hard work which will contribute to the evidence.

# The Healthy Minds Chartermark



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## 5 Years and Beyond - Platinum

To gain the **Platinum Award**, you are able to evidence sustained and embedded practice over 5 years. Your application will be scrutinised by a panel of LA Officers from School Improvement / SEND plus Head Teacher Representatives.

You will also have had a school visit from the Chartermark Moderation Team who will be able to talk to staff, children and parents to see first-hand the impact of your hard work over 5 years.

Sustained practice will be recognised after the completion of the Platinum Award via a re-application for the Platinum Award every three years.

# The Healthy Minds Chartermark



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All schools undertaking the Chartermark can expect to receive the following from the Educational Psychology Team at no cost:

- A healthy Minds Chartermark document which guides you step by step through the Chartermark process
- Monthly Support Webinar
- Having a named Educational Psychologist for support and development
- Access to a Peer support network – this is particularly popular

Further queries are welcomed from the school Senior Mental Health Lead or another member of SLT and our email address

[EmotionalWellbeingChartermark@bradford.gov.uk](mailto:EmotionalWellbeingChartermark@bradford.gov.uk)