

# Eight principles to promoting a whole school approach to emotional health and wellbeing.

Public Health England 2015



# Emotional Health And Well Being A Practical Guide For Schools

**Helen Cowie, Chrissy Boardman, Judith Dawkins, Dawn Jennifer**



## **Emotional Health And Well Being A Practical Guide For Schools:**

*Emotional Health and Well-being*, 2004 Professor Cowie and her colleagues have produced a valuable tool for use in all schools on both micro and macro level Education Review The book is an impressive and useful handbook of advice and resources More than that because it presents so much evidence it is able to show rather than tell how schools can improve life for their pupils and teachers Gerald Haigh Times Educational Supplement Friday Magazine This book describes behaviours both disruptive and secretive which indicate emotional distress and presents a range of tried and tested strategies

*Emotional Health and Well-Being* Helen Cowie, Chrissy Boardman, Judith Dawkins, Dawn Jennifer, 2004-04-18 This publication is a valuable and timely contribution to the current investigations into the behaviours of children and young people that impact on their emotional health The book will serve as a practical guide for schools addressing the problem as they see it the case studies vividly illustrating situations and behaviours that teachers will readily recognise This is a well structured book It deserves to be read and can serve as a source of information on how various behaviours have been defined investigated and addressed It will be of value to any school much more than a topical or interesting read but as the basis of an institutional response to a problem seriously affecting educational achievement for individuals and schools It would particularly serve as a stimulus to in service training for teachers and support staff George Varnava Young Minds Magazine Each of the authors has considerable relevant expertise so the text is rich both in research data and examples including case studies from their experience Readers will find a wealth of practical advice and encouragement that is balanced by the acknowledgement of the limitations of individual interventions and the potential costs overt and hidden of each one A whole school approach is advocated and exemplified including schools that have considered the needs of the staff Child and Adolescent Mental Health This work would be of use throughout all age ranges as the different problems and strategies are very easily accessible with a lot of proven practical support Professor Cowie and her colleagues have produced a valuable tool for use in all schools on both micro and macro level Education Review The book is an impressive and useful handbook of advice and resources More than that because it presents so much evidence it is able to show rather than tell how schools can improve life for their pupils and teachers Gerald Haigh TES Friday Magazine This book is recommended for the wealth of practical information it contains about strategies that can help young people in distress Youth Studies Australia Secondary school is the place where young people are most constrained observed and challenged to develop This is not necessarily a stress free process either for the young person or for teachers and parents This book describes behaviours both disruptive and secretive which indicates emotional distress It looks at both the risk factors and the protective factors involved in emotional health and addresses the impact of issues such as bullying social exclusion loss and bereavement The authors show what schools can do to develop practices grounded in knowledge about the mental health issues which relate to young people In an accessible way they present a range of strategies which practitioners have shown to be effective They focus

especially on methods and policies which have been scientifically evaluated or which are considered best practice Issues and interventions are illustrated throughout with case studies drawn from the authors own practice and experience Each of the authors has a long standing interest in ways of creating supportive environments to prevent distress and to facilitate resilience in the young This book is essential reading for secondary school teachers educational psychologists education welfare officers and all those with pastoral care responsibilities

### **Wellbeing in the Primary Classroom**

Adrian Bethune,2023-07-20 Adrian Bethune is an inspiration and this book should be required reading for everyone involved in teaching young children Dr Mark Williamson Director of Action for Happiness actionhappiness This award winning guide for teaching wellbeing and positive mental health in primary schools is packed with practical ideas for every classroom This timely updated edition recognises the need for more guidance in schools following pupils rising levels of stress anxiety and depression due to the pandemic Evidence has shown that happy people those who experience more positive emotions perform better in school enjoy healthier relationships are generally more successful and even live longer Many schools and teachers are looking for accessible ways to address these mental health problems in young people and this revised edition is the essential tool needed to support healthy emotional development in the primary classroom The book includes new chapters on the importance of nature for health behaviour and concentration digital wellbeing and helping children to navigate life online in a healthy way and includes updated statistics and research on mental health and wellbeing of children and teachers In this must read book experienced teacher and advisor on children s wellbeing Adrian Bethune takes the latest evidence and research from the science of happiness and positive psychology and brings them to life Wellbeing in the Primary Classroom is packed full of tried and tested activities and techniques including mindfulness positive reflection physical activity and acts of kindness

### **Children's Mental Health and Emotional Well-being in Primary Schools**

Colin Howard,Maddie Burton,Denisse Levermore,Rachel Barrell,2017-06-24 The mental health and emotional wellbeing of children is fantastically important It has a huge impact on learning and development and more and more there is recognition of the importance of mental health for everyone Despite this many school staff feel overwhelmed and lack confidence when it comes to dealing with these issues in their classrooms This new text is written for all those working in primary schools It supports schools to develop strategies to enhance the importance of mental health and emotional wellbeing to work on preventative strategies and to support children when they need more intervention The text explores what we mean by mental health and wellbeing Many children will not reach the threshold for clinical diagnosis but they nonetheless need support This text will outline lots of effective strategies for working with children who are struggling to manage the school day It offers advice for engaging meaningfully with parents and considers the importance of working with school staff to ensure they are fully supported

### **The Educators' Guide to Whole-school Wellbeing**

Denise M. Quinlan,Lucy C. Hone,2020-02-20 The Educators Guide to Whole school Wellbeing addresses challenges faced by schools wanting to improve wellbeing While many

schools globally now understand the need to promote and protect student wellbeing they often find themselves stuck not knowing where to start what to prioritise or how to implement whole school change This book fills that gap This book provides companionship through rich stories from schools around the world that have created wellbeing practices that work for their schools It guides educators through processes that help create individualised contextualised school wellbeing plans With chapters addressing why wellbeing what is whole school change dynamics measurement staff wellbeing coaching cultural responsiveness and how to build buy in it is the first of its kind Balancing research and practice for each topic with expert practitioner and researcher insights this book gives schools access to best practice guidance from around the world in a user friendly format designed for busy educators What sets the authors apart from the many school wellbeing practitioners globally is their substantial experience working alongside diverse school groups While many have experience in one school few work across a multitude of very different schools and clusters giving these practising academics a unique appreciation for effective cross context processes

**Emotional Health and Well-Being** Helen Cowie, Chrissy Boardman, Judith Dawkins, Dawn Jennifer, 2004-05-26 The authors look at both the risk factors and the protective factors involved in emotional health and address the impact of issues such as bullying social exclusion loss and bereavement

**Supporting the Emotional Well-being of Children and Young People with Learning Disabilities** Mark Fox, Tom Laverty, Sanchita Chowdhury, 2019-10-08 Supporting the Emotional Well being of Children and Young People with Learning Disabilities is an essential and practical resource for helping children with severe and complex learning difficulties their classmates their teachers and the schools that they attend The highly adaptable materials activities and ideas presented in this book will be useful both in the classroom and in staff training to promote understanding of emotional well being and mental health of all pupils who may need support Fox Laverty and Chowdhury cover a range of topics that engage with the school as a whole inclusive classrooms and the individual student Their frameworks and practical suggestions aid teachers to support the well being and mental health of students in a variety of ways with material tailored for classrooms and the individual student Supporting the Emotional Well being of Children and Young People with Learning Disabilities is a comprehensive resource for teachers and management in special needs schools recognising current government policies and helping teachers to understand and appropriately engage with students as individuals and as classes

**Promoting Young Children's Emotional Health and Wellbeing** Sonia Mainstone-Cotton, 2017-03-21 Positive wellbeing in a child s earliest years is known to influence their future development This clear informative book offers practical suggestions for those working with children aged 0 5 including games and activities designed to promote children s emotional health

**Handbook of Youth Prevention Science** Beth Doll, William Pfohl, Jina S. Yoon, 2012-03-07 The Handbook of Youth Prevention Science describes current research and practice in mental health preventive interventions for youth Traditional prevention research focused on preventing specific disorders e g substance abuse conduct disorders or criminality This produced silos of isolated knowledge

about the prevention of individual disorders without acknowledging the overlapping goals strategies and impacts of prevention programs This Handbook reflects current research and practice by organizing prevention science around comprehensive systems that reach across all disorders and all institutions within a community Throughout the book preventive interventions are seen as complementary components of effective mental health programs not as replacements for therapeutic interventions This book is suitable for researchers instructors and graduate students in the child and adolescent mental health professions school psychology school counseling special education school social work child clinical psychology and the libraries serving them It is also suitable for graduate course work in these fields

Artificial Intelligence in the Primary Classroom Gemma Clark, 2024-05-28 Artificial intelligence AI has sparked a huge debate among teachers and school leaders Many questions arise about the trajectory of this new technology and where it will take us How will we differentiate between student authored work and AI generated content Will it lead to a loss of creativity and critical thinking skills What impact will it have on the dynamics of learning and teaching within schools These are all crucial topics for discussion yet AI has already become part of our reality and Gemma Clark firmly believes that embracing its potential is in our best interests In an era defined by technological advances Artificial Intelligence in the Primary Classroom stands as an indispensable resource that holds the key to transforming teaching and learning For educators burdened by bureaucratic tasks that divert precious time from actual teaching this book offers a lifeline It demonstrates how AI powered tools can alleviate administrative burdens enabling teachers to focus on the important job of nurturing young minds and to channel their energy and resources into higher impact activities such as crafting tailored learning experiences giving children personalised feedback and improving engagement From time consuming tasks like lesson planning assessment marking and automating report writing processes to facilitating content creation the book details tangible ways in which AI can streamline workflows improve teaching and restore work life balance Other examples include Spelling Lessons Save time when planning your spelling lessons by using AI to automatically generate a comprehensive list of phonemes or sounds suitable for teaching young children Mindfulness in the Classroom If you are interested in incorporating mindfulness games and activities to assist children in relaxation and focus AI can provide valuable suggestions for fostering pupil and staff wellbeing PE Lessons You don't have to be an expert in sports to teach PE Whether it's tennis football rugby or running AI can offer suggestions for activities warm ups and cool downs to use in your PE lessons Art Lessons AI can be an excellent resource for planning art lessons especially when seeking suggestions to emphasize one of the eight elements such as line shape form colour value texture space and value Maths Lessons As with spelling AI can significantly reduce the time spent on creating maths questions and simplify the process of differentiation Artificial Intelligence in the Primary Classroom is filled with practical strategies engaging activities and useful tips and tricks that will save teachers time and energy Gemma provides transferrable ideas and lesson plans with step by step instructions that can be adapted and used in secondary settings as well

as primary Backed up by real world examples throughout this book empowers teachers to embrace AI as a tool in fostering enhanced learning experiences while also reclaiming invaluable time for pedagogical creativity Suitable for primary school teachers of all levels of experience

**Emotional Wellbeing** Gillian Shotton, Sheila Burton, 2025-09-15 This is an essential resource for educators working to support emotional wellbeing in children and young people Written by the team behind the Emotional Literacy Support Assistant ELSA training programme it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person Fully updated the third edition of this bestselling guide includes a new chapter on trauma and adverse childhood experiences as well as expanded material to support neurodivergent children help those who struggle with worry and work more closely with parents and carers The chapters give a clear overview of each topic underpinned by the latest research in educational psychology descriptions of vulnerabilities as well as case studies let s get practical ideas and reflective moments Topics include Self esteem Friendship skills Social skills Therapeutic stories Understanding anger and anxiety Dealing with loss and bereavement With fresh colour illustrations throughout this resource will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with It is designed for use with individuals groups or whole classes

Mental Health in Schools Mark Prever, 2006-10-12 A clearly written well structured and practical account of how to help and support children and young people with mental health problems and those at risk of developing such problems The book concludes with an excellent listing of organisations and resources SENCO Update A highly practical and impressive book I like the short introductions and the concise summing up within each chapter The book is suitable for teachers as well as counsellors and outside agencies involved in school referral work deserves to be widely read and to have its ideas put into practice Therapy Today I feel the book should be compulsory reading for everyone who works with young people but especially pastoral heads and senior teachers with responsibilities in this area Janine Phillips Class Teacher

Mental Health is now a mandatory component of the PSHE Personal Social and Health Education curriculum This book is a practical guide for teachers explaining the difference between counselling and counselling skills as well as looking at how mental health issues affect children s behaviour self esteem motivation and achievement and so on and what the school can do about this Issues covered include the difference between counselling and counselling skills employing a counsellor in schools how to set up and run counselling provision in a school information on counselling psychotherapy and talking therapies when to refer peer support mental health and emotional intelligence in the curriculum lesson ideas and plans for PHSE

**Managing Violence in Schools** Helen Cowie, Dawn Jennifer, 2007-10-18 This timely text written by experts in research practice and training in the field proposes a whole school community approach to the reduction and prevention of school violence Underpinned by recent research findings the book is illustrated throughout with case studies examples of good practice in action ideas and resources including exercises activities and checklists The book covers personal

characteristics of perpetrators victims and bystanders role of the family ethos and culture of the school quality of interpersonal relationships at school quality of the learning environment of the school links between school and community The authors approach aims to promote non violence improve the climate of the school enhance relationships among staff pupils and parents and to support the emotional health and well being of all members of the school community Strategies include preventative methods provision for the individual needs of pupils and peer support emotional literacy and restorative practice The authors also provide guidance on how to create a shared understanding of school violence how to prepare for change and how to carry out an effective needs analysis in order to successfully address the issue This book is essential for practitioners students in education and school management as well as local educational advisors The Early Years Reflective Practice Handbook Avril Brock,2014-07-17 What do early childhood practitioners need to know about reflection and reflective practice Ongoing reforms in early childhood care and education social policy affect all aspects of young children s and their families lives Decisions are being undertaken at a rapid pace and there is a need for those working in the field of Early Years to consolidate and reflect on their knowledge and practice building on what they already know This timely new book aims to support reflective practice for those working with young children in everyday work and in the wider political context whatever their professional role and whatever level of qualification they hold It takes a fresh look at a breadth of issues relating to early childhood care and education reflecting on policy knowledge and practice Incorporating practical reflection activities case studies exemplar scenarios and questions in each chapter the book considers policy developments and how these have affected young children and their families issues around socio culturalism language ethnicity disposition gender inclusion and socio economics when working with families learning through play and the notions of quality observation and assessment and continuity contemporary issues that practitioners and students on placement may encounter in their everyday work deepening reflective thinking and practice through ongoing and continuing professional development With practical guidance to help the reader reflect on their own practice this text offers invaluable support to early years practitioners looking to develop their career and achieving higher qualification at both undergraduate and at Master s level The book is a must for students on early years courses including early childhood studies initial teacher training and early years teacher status **Adolescence and Health** John C. Coleman (Ph. D.),Leo B. Hendry,Marion Kloep,2007-06-18 Review Following the surge in health initiatives focusing on young people in the last decade this book provides thought provoking content and a range of teaching and learning aids to form the most up to date textbook for trainee health professionals and others working with adolescents Jacket *Promoting Emotional Education* Paul Cooper,Carmel Cefai,2009-08-15 This book suggests adopting educational practices which encourage feelings of emotional security promote trusting and supportive relationships and reflect students views and feelings essential qualities for healthy personal and social development in children and young people *The School Mental Health Toolkit* Andrew



Cowley,2025-03-13 The School Mental Health Toolkit is the essential practical guide to supporting the mental health of our young people in schools providing a holistic approach to school culture learning habits and impactful interventions The School Mental Health Toolkit lays out a practical and supportive approach to tackling the mental health crisis in schools through promoting a positive and supportive school culture This book supports you to identify needs make referrals offer universal provision and empower young people to understand their own mental health build resilience challenge stigma and prejudice foster compassion talk about their own needs and ask for help From experienced school leader and mental health trainer Andrew Cowley this book tackles the crisis and challenges that have been exacerbated by the Covid 19 pandemic Andrew includes specific support for the Designated Mental Health Lead as well as for leaders promoting buy in for a positive mental health culture across the whole school This book demonstrates how creating positive school culture as well as effective safeguarding practices and curriculum design works to robustly support healthy learning habits positive mental health and wellbeing for pupils throughout their education

*A Practical Guide to Building Professional Competencies in School Psychology* Timothy M. Lionetti,Edward P. Snyder,Ray W. Christner,2010-10-28 Designed as a research based yet matter of fact guide for beginning and future scientist practitioners A Practical Guide to Building Professional Competencies in School Psychology skillfully augments the reader s training supervision and experience by providing a framework for honing essential skills in the field This reader friendly evidence based text encourages the continuing development of expertise in communication and collaborative skills diversity awareness technical knowledge and other domains critical to building and maintaining an ethical meaningful practice Each chapter in this must have volume examines a core area of expertise in depth and provides checklists linked to competencies set out in NASP s Blueprint III and the Development and Enhancement of Competencies Assessment Form are included to enable readers to gain a more complete understanding of their professional strengths and needs The skill sets covered include Developing cross cultural competencies Evaluating students with emotional and behavioral problems Assessing student skills using a variety of approaches Preventing and intervening in crisis situations Consulting with families colleagues and the community Facilitating mental health services in the school setting A Practical Guide to Building Professional Competencies in School Psychology provides an invaluable set of professional development tools for new practitioners and graduate students in school psychology

*The Routledge Companion to Education* James Arthur,Andrew Peterson,2013-07-23 Who are the key thinkers in education What are the hot topics in education Where will education go from here The Routledge Companion to Education presents the most comprehensive up to date guide available to the key theories themes and topics in education Forty specially commissioned chapters covering all aspects of education introduce you to the ideas research and issues that have shaped this most diverse dynamic and fluid field Part one provides an introduction to the key theories thinkers and disciplines within education Part two covers ideas and issues about how what and why learning takes place Part three includes analysis on particular

approaches to education and explores the issues that attract much contemporary interest Written by an international team of expert contributors the chapters all include a descriptive introduction an analysis of the key ideas and debates an overview of the latest research key questions for research and carefully selected further reading The Routledge Companion to Education is a succinct detailed authoritative overview of the topics which are at the forefront of educational research and discourse today This classic collection is a bookshelf essential for every student and scholar serious about the study of education

Mental Health and Wellbeing in Primary Education Sarah Jordan, Laura Meek, Joanna Phillips, 2020-10 Mental health is much more than the absence of mental illness It also means having self belief and the resilience to cope with stress and change In order to teach such skills teachers and other staff must equip themselves and their workplaces with the procedures understanding and confidence required to monitor mental health share concepts effectively and act appropriately if issues arise Mental Health and Wellbeing in Primary Education puts all the information you need at your fingertips with detailed guidance on creating a culture of wellbeing overviews of key educational challenges and transitions and early warning signs to look out for The authors also explore how a range of common mental health problems that can affect learning including anxiety low mood attachment difficulties eating disorders and ADHD are typically identified diagnosed and managed Supported by a wealth of ready made forms exercises and lesson plans Mental Health and Wellbeing in Primary Education offers a practical up to date look at how teachers and other education professionals can monitor encourage and teach mental wellbeing among primary age children Wherever you or the children you support are on their wellbeing journey this book can help

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