



Place2Be Wellbeing
in Schools Awards

25 March 2019

Mandarin Oriental Hotel



Garfield Weston FOUNDATION

Garfield Weston have been supporting the work of Place2Be for over 15 years.

From funding the expansion of the training provision and qualifications pathway; to the development of the Mental Health Champions Programmes for School Leaders and Class Teachers; enabling the establishment of the new centre of excellence Core Hub in Clerkenwell; and supporting the Place2Be Wellbeing Awards.

The Foundation's support has underpinned the charity's growth and helped Place2Be lead the way in delivering school-based mental health services.

Philippa Charles

Director, Garfield Weston Foundation

Katie Thistleton



Katie Thistleton

Awards compere/Place2Be Ambassador

I first became an Ambassador for Place2Be after I'd overcome my own struggle with mental health.

After being diagnosed with anxiety and depression as an adult, I realised that the signs were there in my teenage years, and even in my childhood.

This made me passionate about helping young people to look after their emotional and mental health: I wanted to help them the way people had helped me, and the way I wish I'd been helped sooner.

I used to find being honest about my mental health and deepest darkest thoughts really difficult and scary, but I think having a career in presenting, which can feel really vulnerable, has knocked that out of me!

I've also been inspired by other people who have been really honest about this stuff and that has encouraged me to do the same. I'll talk about anything now - and often do on my radio show and in my book!

I'm honoured to present Place2Be's Wellbeing in Schools Awards, which are a fantastic opportunity to celebrate the great work taking place in schools across the UK. Well done to everyone who has made it to the finals: I'm sure your great work will inspire others to talk about their own mental health and wellbeing, which is so important to help us all be the best we can be. Have a great night!

Katie Thistleton is an active mental health campaigner and champions the importance of supporting children's emotional wellbeing at school.

Katie is a TV and radio presenter, journalist and author from Manchester. Best known for her presenting roles on CBBC, she is also the presenter for BBC Radio 1's Life Hacks. Katie's debut children's book: *'Real advice on real life problems with expert tips'* hit the shelves in 2018. The book aims to help support children and young people by answering their questions about the challenges of growing up.

Katie will be visiting Place2Be schools around the country with the *'BAFTA Kids Roadshow with Place2Be'* to help develop children's confidence and aspirations by teaching children the skills that are important for wellbeing and career progression.



Thank you!

We would like to thank the following people who have kindly supported the Awards to make this event so special.

Thank you to everyone who entered the awards. We hope being part of this process has enabled our partner schools to reflect on the incredible efforts being made to improve the mental health of their school communities – making real and lasting transformations for so many children and their families. All are winners in our eyes!

We thank our external Judging Panel for the crucial role they have played – taking on the difficult task of scoring each nomination and determining the finalists. Their support of Place2Be is invaluable, and we thank them for their time, care and expertise. A special thanks to judge and Place2Be Ambassador Katie Thistleton for also serving as our compere this evening.

Our enormous appreciation to Simone Broadhurst at Incisive Media, together with David Watkins at Special EFX, for support around production of the winner trophies which will be awarded tonight and to Evie Jones at AVC LIVE Ltd for their technical support.

We also thank the Garfield Weston Foundation for understanding the crucial importance of our work over the last 15 years, before children's mental health had the prominence and national profile it receives today. Their support has underpinned our school-based services, core infrastructure and training programmes, as well as enabling us to put on these awards.

Lastly we thank the Mandarin Oriental Hotel for their generosity towards hosting this year's ceremony. It is a real privilege to be able to celebrate our finalists in such a splendid setting.

Our gratitude to the choir from Viking Primary School for such a terrific, uplifting opening to the ceremony.

... And to all of you who have come to cheer our finalists and celebrate their passion, determination and hard work -

Thank you for your enduring support of Place2Be.



Welcome



Catherine Roche
Chief Executive, Place2Be

All too often it seems we are surrounded by stories of children's mental health in crisis; of young people being let down, ignored or harmed. Sadly, we hear less about the brilliant efforts made every day to support children and young people in UK schools.

To redress this, in 2014 we launched our first Wellbeing in Schools Awards and were delighted with the positive response from our partner schools.

Now in their third season, the Awards are our special way of recognising the passion, determination and hard work that goes into the delivery of mental health and wellbeing support in the schools we partner with across the country. This year, we widened the scope to reflect the broader range of services and ways we work with schools, including through The Art Room and our Mental Health Champions training programmes.

I know from speaking with our judges how impressed they have been by the high quality of nominations this year. A great deal of care and thought went into the judges' deliberations and it was a difficult task to select a winner in each category.

To our friends and supporters here tonight, cheering on our finalists, my heartfelt appreciation for your continued belief and generosity, which enables Place2Be to progress with our mission for all children to have access to high quality mental health support in schools.

And to our finalists: We're delighted to be able to celebrate your achievements tonight. You are terrific role models and ambassadors who are making a lasting difference to the mental health and wellbeing of so many others. You are supporting families in developing the confidence, constancy and strategies that are needed to shape the next generation; and helping our children and young people develop the resilience and life skills which will enable them to lead fulfilling, productive adulthood.

Huge congratulations to you all!

Catherine Roche

The Judges



"Having been a judge on other schemes, I can truly say this was by far the hardest job I have ever had, as all the nominations were so strong, were of such high quality, and deserved recognition."

Dr Chris West

"It has been such a privilege to read the extraordinary examples of dedication and commitment and, frankly, very humbling."

Jane Rawnsley

Our panel of judges bring with them a breadth of knowledge, skills passion, insight, and expertise across education, mental health, academia, economics, philanthropy and social justice.



Lucy Alexander

Ambassador, Place2Be



Susannah Behr

Director of Development,
Pro Bono Economics (PBE)



Prof. Colleen McLaughlin

Director of Educational
Innovation, University of
Cambridge



Andy Mellor

President, NAHT



Michelle Orange

Philanthropist

*"What a task that was!
Everyone clearly goes above and beyond in roles which are vocations, not merely occupations! I just wish we could give everyone the recognition that they truly deserve."*

Michelle Orange



Dr Rachel Hayes

Trial Manager, STARS Study,
University of Exeter



Victoria Hornby

Chief Executive,
Mental Health Innovations



Lisa Prime

Children's Events Programmer
and Producer, BAFTA



Jane Rawnsley

Group Head of Corporate
Responsibility, Prudential Plc



Katie Thistleton

Presenter,
CBBC and Radio 1

"Every nomination took my breath away! So many dedicated kind people working so hard to support young people."

Lucy Alexander



Sinead Mallozzi

CEO, Sketch London



Sophia Mason

Trustee, Garfield Weston
Foundation



Geoff Thompson MBE

Founder and Executive
Chair, Youth Charter



Dr Chris West

Sam West Foundation



Alderman William Russell

Chair of Judges
Deputy Chairman, Place2Be

Child Champion



These awards recognise the children and young people who have shown an inspiring commitment to supporting the wellbeing of others and championing positive mental health.

All the finalists have displayed tremendous character, strong spirit and huge ambition in ensuring the mental health and wellbeing of those around them.



Becki Bickerstaffe
Medlock Valley Primary School

Becki's tenacity and adaptability to life has made her a role model to all.

Becki is very supportive of her peers both academically and emotionally. When a new child joined the school Becki showed her around school, introduced the child to her friends and classmates and shared with staff the difficulties the child was experiencing around loss and grief. Becki's friend Ellie says: "Becki is kind and she's always there to cheer you up when you need her."

Becki has taken on the roles of Class Counsellor and Peer Mentor. Her calm demeanour, mature approach and sunny personality make her approachable to all. She encourages children to hear and understand each other's point of view.

Becki's teacher says: "Becki is the most resilient, inspirational little girl I've ever met in all of my years of teaching. She has a positive outlook and instils hope and encouragement in all her interactions with pupils and staff."



Jeval Mckenzie
Featherstone Primary School

Jeval is a real Ambassador of positive mental health, helping to promote Place2Be within his school, and using his own experiences to support the wellbeing of others.

Jeval's natural popularity and compassion has made it acceptable for boys to talk about their feelings - and express their emotions - openly in school. Almost 100 boys have now used the lunchtime self-referral service - Place2Talk - thanks to Jeval's dedicated approach.

Jeval is also helping the Place2Be project manager promote strategies and techniques to Year 6 in the run-up to SATs exams. The impact this is having is huge; supporting classmates to manage difficult feelings and to increase academic attainment.

Jeval's teacher says: "Jeval gets on with everyone. He is conscious of his actions and how those impact on others but importantly he has the confidence to step in when others, are not doing the right thing. He bounces back from his own Place2Be sessions oozing with positivity which he spreads into wider school life."

Young Champion



Emilie Stukas
Oakington Manor Primary School

Emilie is one of her school's Anti-Bullying Ambassadors. She takes her role very seriously; resolving conflicts in the playground and the classroom by trying to understand both sides of the story.

As well as being extremely pro-active, Emilie always gives back to her classroom community and takes the initiative to help and support her peers (and adults too!). Emilie always listens to pupils who come to her for help and advice, showing immense humility, strength and compassion towards others.

Emilie gets on with a wide range of pupils from diverse backgrounds. She uses simple but genuine gestures to great effect, such as asking "How was your lunch?" or saying "Have a good evening!". With her thoughtful attitude, warm infectious smile and manner she ensures people feel listened to.

Her teachers say: "Emilie is an inspiring image of positive wellbeing that people migrate to and draw strength from."

While Emilie herself told us,
"I want people to see good in each other."



Naomi Balan
The Totteridge Academy

Naomi champions positivity and exemplifies supporting each other's wellbeing to ensure that all students feel happy and safe.

Following her own arrival to the UK, aged 8, Naomi noticed that a lot of students were joining the school with little or no English. Naomi began helping these children settle in, supporting with tasks relating to their studies and things beyond the classroom. Naomi completed a Young Interpreter Course and attended parent meetings too - not only translating but offering her own thoughts and suggestions for support strategies.

Naomi is described as being "a pioneer" and "force for good". She is known throughout the school for how she looks out for others, spotting who is on their own or looks upset. Students seek her out to talk to, as they say she is a great listener.

Ms Aitken, Vice Principal at The Totteridge Academy, says: "Naomi's support for others impresses me every day. It is fantastic to have such a champion of kindness and wellbeing within the school and particularly as one of our School Prefects. She sets such a good example to our students and shows the importance of looking after one another, sharing our worries and feelings, and looking at options for support."



Lauren Miller
Reach Academy

Over the last six years, Lauren has developed and flourished into an incredibly empathetic and caring young person. She has taken her own previous difficulties with school and turned those experiences into something positive.

Acting as a mentor, Lauren supports younger students with self-esteem and confidence issues. One student said: *"Lauren is one of the most caring students I know. She has helped me transition into Year 7 with confidence and helped me build and make friendships."* Another young pupil shared: *"Lauren helped me understand my different feelings and know it is OK to be sad."*

Through her membership of groups such as Pride Youth Network and her numerous initiatives – such as the creation of a friendship group for Year 5 girls - Lauren has helped the student population become more accepting of difference; she's made others feel confident in their own identity and to be themselves.

Ms Georgia Crew says: *"Lauren continually shows her own personal drive to make her school more inclusive and nurturing"*

"Lauren is a real credit to herself and the school and a fantastic role model to our students."



Student Support Team
George Green's School

Last year a caring group of sixth formers came together to establish a Student Support Service, driven by a desire to improve mental health in their school. Led by Chantel, together with peers Joel, Ramla, Marina and Safa, the group volunteered to provide a listening and guidance service to younger students.

The group sought the help of the school's Head of PSHE to set up the service. Aided by the Place2Be Project Manager, the sixth formers keenly participated in training on safeguarding, listening skills, supervision and self-care. The service is highly valued and well-used by students who are feeling stressed, having friendship issues, or just want to talk to an older peer rather than an adult. It has been so successful that a new cohort of sixth formers have begun their training to continue the service next year.

Principal Jill Baker says: *"I am very proud of these young people: They observed the excellent practice of Place2Be and saw that they too could play a role in promoting positive mental health in the school by providing an additional tier of support to their younger peers. They are wonderful ambassadors and role models."*

These awards recognise the school community that has shown an inspiring commitment to a 'whole-school approach' to mental health, creating a positive culture and offering support to all those who need it.



Barlby Primary School

In 2014 Barlby Primary School became a host to The Art Room and a special art studio was created. The school serves an area of significant deprivation and pupils are drawn from a range of ethnic backgrounds and almost a third are from refugee families.

As well as The Art Room there is music therapy, gardening lessons and sessions with a Place2Be counsellor. They have 63 children on the SEN register and 12 children that are looked after in The Orchard specialist Autism unit.

The Learning Mentor has an open door policy where any child can come at any time to share their worries, this open door policy is extended to the families. In each classroom there is a worry box where children can put their worries.

In June 2017, sadly 172 of the Barlby families were affected by the devastation of the Grenfell Tower fire. The school opened their door to those families and the rest of the community, providing a safe and supportive space.



Croftfoot Primary School

When a new headteacher joined Croftfoot, consultation with staff, parents/carers and pupils showed that a whole school approach to mental health was needed. The school set out to create a positive culture and to offer support to everyone.

All staff received training in mental health and wellbeing, promoting positive behaviour and creating a communication-friendly school. The school 'Behaviour Policy' was replaced by an attachment-led 'Relationship Policy'; with a focus on building relationships.

Organisations such as Place2Be, Relax Kids, Story Massage, Mindfulness Martial Arts, Therapets, Zones of Regulation, and Yoga, have all been welcomed into the school.

Links with parents and carers are improved. The school uses Twitter and Piota to keep parents informed.

A focused month on Health and Wellbeing included parents in activities, allowing them to interact with the children in class as well as offering targeted parental support.





Longwood Primary Academy

The school has developed an ethos built on three principles – Academic Success, Physical Development and Positive Wellbeing (Mind-Body-Soul). They know that these three aspects are co-dependent on one another and are the key to lifelong success and good mental health.

Efforts to support staff were recognised in becoming TES ‘National Employer of the Year’ for staff development and wellbeing through their Teach-Rest-Play approach and Gold standard by the Carnegie Centre of Excellence for Mental Health in Schools.

The children have an extensive menu of routes to express any concerns. This includes: Place2Talk, Bigger Buddies (peer-peer programme), Wellbeing Advocates, adult mentors and a Wellbeing Centre.

They have provided 30 pupils with e-safety support through 1:1 cyber surgeries to tackle online mental health.



Aureus School

Aureus is a new, state of the art comprehensive school for 11-16 years olds. It opened in 2017 with the first intake of Year 7 and has grown to more than 300 students.

The motto of Aureus is to ‘Nurture Hearts and Minds’. Aureus offers a two hour universal mental health curriculum for all their students every week. Their mindfulness menu includes mindful art, movement and neuroscience. An additional intervention for students includes time with their Thrive practitioners and the Nurture Room, as well as offering further art as therapy on site with The Didcot Art Room.

Wellbeing is at the heart of the pre-emptive curriculum. Aureus consider that ‘*a brain in pain*’ cannot take in academic learning and they work to facilitate the best learning environment for all learners.

Aureus currently host the Oxfordshire Mental Health and Wellbeing Hub, however, there is potential for hosting a Parent and Carers Wellbeing Hub.



Forest School

In 2016 Forest began a partnership with Place2Be. Initially, this was on a three-day basis with the existing school counsellor seeing students on the other days. Very quickly, they realised that proactive, early intervention would be enhanced by having Place2Be five days per week. Forest’s Place2Be service runs from the Prep (Primary) School all the way through to the Sixth Form.

The referral system is gate-kept by Heads of Section and directly involves Heads of House and Tutors. Every student at Forest has three people directly responsible for their care. Beyond the counselling provision, wellbeing is ‘everybody’s business’. Every teacher at Forest School has undertaken Mental Health First Aid Training.

They have rebranded PSHE as Wellbeing Education. They have introduced student Wellbeing Reps and a lunchtime Wellbeing Club. Assemblies and House Meetings regularly include wellbeing content. Mindfulness is a compulsory component of Sixth Form provision.



London Academy

As well as commissioning a five day Place2Be project, London Academy’s Child Protection Officer gives presentations at assemblies promoting mental health awareness. He has also attended depression awareness training and is doing Mental Health Champions training with Place2Be.

A new initiative is ‘equine therapy’. Students attend a local equestrian centre once a week where they experience a completely different environment - working with the natural behaviour of animals.

London Academy also send young people experiencing difficulties to ‘Jamie’s Farm’. This is a residential therapeutic facility that combines therapy with life and work on a farm. London Academy is also included in the CAMHS ‘Health and Emotional Well-being project’. The school runs the triple-P parenting programme to offer parents effective alternatives in parenting.

London Academy participates in the PALAC scheme (Promoting the Achievement of Looked After Children) run by UCL.

Adult Champion



This award recognises the adult(s) who has shown an inspiring commitment to supporting the wellbeing of others in their school community, and championing positive mental health.



Pauline Riley
Learning Mentor
Barlby Primary School

Pauline began working at Barlby 34 years ago. Having left school aged 15, she's embraced every training opportunity.

In her role as Learning Mentor she brings sensitivity and empathy. Pauline is also Family Liaison within the school and is a trusted point of contact for families.

Pauline has linked with The Art Room since 2014, coordinating referrals that have impacted the lives of hundreds of children.

When the Grenfell tragedy occurred, the school opened its doors. Pauline has had a huge impact as a trusted presence for children, staff and families and the wider community. Extra Art Room sessions were planned in response to Grenfell.

When Place2Be began in the school, Pauline liaised with parents, children, Place2Be, staff and CAMHS ensuring the project was quickly up and running, facilitating sensitive contact with parents and exemplifying joined up multi-agency work in the best interest of the child.



Tyrone Cameron
Pastoral Team Lead
Curwen Primary School

Tyrone has been working at Curwen for several years, demonstrating a real drive to promote the wellbeing of children, and championing positive mental health. Despite being situated in Newham, a borough with one of the highest percentages of poor mental health, poverty and deprivation, Tyrone firmly believes in empowering children to believe they have a chance in life.

Tyrone takes the lead in supporting children, who sometimes fail to understand the correct behaviour needed in school, by gently but firmly directing them, whilst being patiently supportive. His captivating approach and kind manner is a joy to witness, as he looks past negative behaviour and focuses on the unique child, supporting them in the way that they need.

Tyrone is a positive role-model that the children in our culturally-diverse community can relate and look up to. He actively promotes the importance of good education and how that can open up doors that would otherwise be closed to our children.



Tracey Berry
Parent Support Worker and mums
Forthview Primary School

This nomination reflects the determination of a group of mothers in a deprived area of Edinburgh, to use creative means to support not only their own mental health but that of their community.

Some had already participated in school-run groups organised by Tracey Berry, such as a Parent/Carer Book Café and Mindfulness for Mothers. These projects led to mothers responding to an invitation from Tracey to come together to discuss anxiety, and to respond creatively by writing and producing a children's book around this theme.

The mothers attended sessions over six months during which they learned about plot and character development, edited their stories and briefed an illustrator. The project culminated in a high profile launch of their book 'No Worries' during Children's Mental Health Week 2018, at the National Library of Scotland. Local libraries also stock the book. It has opened up conversations about anxiety in families and school communities across Scotland.

Mental Health Professional



This award recognises the school-based mental health professional who has gone above and beyond the everyday to support a whole-school approach to mental wellbeing.



Linda Eversley
Place2Be School Project Manager
Hampton Hill Junior School

Linda believes passionately in the rights of the child and in breaking down the stigma of mental health. Her mantras of: "It's OK to not be OK" and "You don't have to like everyone but you need to be kind to them" are often heard around the school, from teachers to children and children to their peers.

The school especially value the groups Linda runs to help Year 6 children with anxiety around SATs exams. Linda also developed an annual Year 6 workshop focused on transition to secondary school.

Quite often Linda will devise workshops, based on the needs and themes which come up during the Place2Talk drop in sessions. Linda ran six dedicated sessions for a challenging group of Year 5 girls who were persistently having friendship issues. Linda helped them achieve a lasting resolution and the girls gained practical life skills that have helped them transition successfully to secondary school.

"Linda has positively impacted the culture of our school. She has raised our expectations of our ability to make a positive change [and] to build resilience by coaching and empowering."



Angelica McMillan
Place2Be School Project Manager
Kensington Aldridge Academy

The Grenfell Fire was an unprecedented tragedy that has had a momentous impact on all affected, particularly the KAA community.

Angelica has demonstrated great commitment, passion, flexibility and resilience. Her friendly manner and 'can do' attitude has resulted in Place2Be being a highly regarded and instrumental part of the school's mental health provision.

Angelica is supporting the school in coping with trauma, loss, grief, change, community tensions, suicidal idealisation, self-harm, anger, and the on-going impact of the media interest and the Grenfell Enquiry. She also provided Triple P parenting interventions at a time when many parents didn't know how best to support their children.

Under Angelica's steer, the Place2Be team has worked with 47 students in 1:1 sessions. Of those who have completed their therapeutic interventions, 17 out of 20 improved their attendance, and all 20 improved their behaviour. 100% of parents reported a "significant improvement" in their children's mental health.



Gillian Morritt
Place2Be School Project Manager
Seaham Trinity Primary School

Gillian is deeply committed to improving outcomes for every single child at Seaham. Staff regularly seek Gillian for her advice and she has led whole-school trainings around safeguarding, attachment and diversity.

She has built a positive reputation with external agencies: Child and Adolescent Mental Health Services work closely with Gillian, accepting her advice, and social workers recommend school placements based on the support available from Place2Be at the school.

Gillian is highly valued by the parents, with many referrals now by word of mouth. There are parents whose children have moved on to secondary school who still come back to seek her support.

This year, a parent came to Gillian to discuss her child's ongoing concerns around gender. Gillian met with the Head to devise a whole-school approach: She accessed Local Authority training; and worked with the Personal Social Health Education (PSHE) Co-ordinator to organise equality and diversity training, culminating in an 'Equality and Diversity Week'. One parent shared: "My child was in crisis. I wouldn't have been able to do what we did as a family without the support from Gillian and the school."

Champion Head Teacher



This award recognises the Head Teacher who has shown strong leadership and an inspiring commitment to supporting the wellbeing of their school community, innovatively and creatively championing positive mental health.



Enid Lewis
Park Lane Primary School

Enid describes herself as the Head of a 'village school', even though it's set in the middle of a large, busy, diverse metropolis. Enid makes sure she knows every child and family and gives them her personal care and attention. Her 'village school' is so welcoming because Enid is warm, honest and approachable.

The school has a higher than average number of children with social and emotional needs and families with challenging circumstances. Enid's mantra is 'it's not about where the child is from; it's where they can get to that matters'. Her dedication to supporting some of the school's most vulnerable children is so apparent.

Free school trips, breakfast, dinner and holiday clubs have all been put in place to support parent's efforts to improve their children's circumstances. Enid has even purchased shoes for children whose parents couldn't afford new ones. The school has a number of Looked After children, so their carers are routinely invited in to school and offered support. Led by Place2Be, the school also runs 'positive parenting classes' which have been transformative, offering a safe place to openly discuss both the joys and challenges of parenting.

"Leadership is about being of service to others, not being served by others. This is what makes Enid a great leader; you have something to learn from her every day." - Class Teacher



Rachel Mahon
St. Mary and St. Michael Catholic Primary School

What makes Rachel exceptional is her compassionate understanding of the challenges her community faces (42% of families live in poverty and 275 children are on child protection plans) and how this informs her leadership.

She's dedicated to promoting and supporting the wellbeing of the whole community and giving the children a happy experience at school. She's hands-on and leads by example, taking the time to build relationships and going the extra mile to support struggling families.

Last year Rachel successfully trialled a new parenting programme in school to help vulnerable parents and carers develop a healthy family life. "Mrs Mahon has been a huge support to me and my kids" says one parent. "A few years ago we were made homeless and placed in a hostel far from school. She would bring us into her office and give us breakfast."

Rachel is in the playground every morning to greet families and in the dinner hall at lunchtime, wiping tables whilst chatting to children. She also has a great sense of fun, always visible at school fundraisers and themed days - sporting odd socks, a vibrant wig or a princess costume!

When snow carpeted the playground, she cancelled lessons and sent the children out to play, promising a prize for the best snowman, because as she said: "Most of them have nowhere at home to play outdoors".



Jamie Maloy
Viking Primary School

Jamie is an inspiring leader. Professionalism and integrity shine through all he does and his drive to achieve the best possible outcomes for children has transformed the school during his four years as Head.

"Jamie's energy, passion and enthusiasm translates to children and their behaviour. He leads by example, is always visible, accessible and knows every child and adult by name," - Angela Shepherd, Place2Be Project Manager.

Jamie holds mental health foremost in all decision making and he models empathy, compassion, personal insight and commitment to self-care. His openness about his own personal journey has inspired and enabled children, parents and staff in his school community to be more open and willing to talk about their own struggles and to seek help.

Just a few of Jamie's initiatives include the staff Wellbeing Committee and 'WOW of the week' which staff say makes them feel valued and motivated to go the extra mile. There are incentives around attendance and the morning 'Wake up Shake up' dance encourages children to arrive punctually and get in a good frame of mind, ready for learning.

"Jamie is a pro-active, dynamic, forward-thinking leader. He really understands Mental Health and the need for support. We are really proud of him. Plenty of children as adults will remember him." - Chair of Governors

Progress



This award recognises the school community that has made significant progress on the path to becoming a mentally healthy school.



Francis Holland School (FHS)

FHS was the first senior school to introduce Place2Be across all year groups in the school, ensuring mental health services and support were available to every student.

The school makes full use of support from Place2Be for its staff, prioritising weekly meetings with the Pastoral Director and Heads of Section to discuss effective pupil support, as well as Place2Be integration into the PSHE curriculum and regular staff trainings by Place2Be.

Sixth Formers have taken on new roles as Pastoral Ambassadors - leading on initiatives such as the 'Big Sister' programme and aiding the Pastoral Director in promoting wellbeing.

Headteacher Lucy Elphinstone's vision for preparing girls to navigate the complex workplace of the future, lead to a ground-breaking decision to replace the Year 7 and 8 exams with a 'Thinking Innovatively and Problem Solving programme' (TIPS) - emphasising life skills, building resilience, teamwork and creativity. The programme is having an astounding impact on academic achievements.

"I am excited by the idea that your girls learn entrepreneurial skills so young, and that you are developing not only the outer skills but also the inner resilience to deal with an exciting and uncertain future." - Prospective parent, Open Evening 2018



Murrayburn Primary School

Murrayburn has been a Place2Be partner school for over 17 years, but the arrival of new Headteacher Leanne Hepburn gave an opportunity to review and improve existing strategies and approaches towards mental health. A three-year plan - Project 2020 - was developed by staff, pupils and members of the community to enhance the learning environment, with mental health and wellbeing at the forefront.

"My plan was to create a mentally healthy school: A place where all stakeholders felt supported and valued, with emphasis on positive mental health being paramount for sustainable success. I aimed to enhance pupil engagement and develop inclusive approaches through building resilience, break learning barriers and improve behaviour through physical activity. We've worked hard to provide children with a toolkit of strategies to enable self-regulation." Miss Hepburn

"Our school helps us feel really good about ourselves." - Pupil

"We enjoyed the opportunities through the year for mental health training supported by Place2Be" - Teacher

"Mental and health and wellbeing is high on the agenda with no stigma." - Teacher

"School is more approachable." - Parent

"The school has helped me with strategies that I can use at home, which has made our relationships better" - Parent



Oasis Academy Oldham

This school is guided by 'Nine Habits' - Compassion, Patience, Humility, Joy, Honesty, Hope, Consideration, Forgiveness, Self Control - which guide and shape everything the school does.

An advanced PSHE programme focusing on needs now and preparedness for adulthood covers self-esteem, bullying, how to talk about and express feelings, recognising signs of good and bad mental health and a focused look at discrimination, hate crime, radicalisation and extremism. The school also runs numerous extra-curricular clubs, events and programmes which emphasise student wellbeing.

The Community Farm offers vulnerable students a haven where they can enjoy the calm that spending time with animals and around nature can bring. Increased staff retention and fewer staff absences are attributed to the recent focus on staff wellbeing. Successful initiatives include free gym memberships, staff surveys with action follow-up, an on-going programme of training and organised social activities.

Miss Dominique Gobbi, Principal says *"We pride ourselves on being centred around the needs of our students. We regard health and wellbeing to be integral to developing successful and confident learners than can face the challenges of adolescence and beyond."*

Place2Be fundraising and events

Fancy taking on a fundraising challenge or getting involved in a sponsored event? Here are just some of the opportunities we have available this year.

Ride London-Surrey 100 **4 August 2019**

Join 25,000 competitive cyclists on as they take to the closed roads of London and Surrey in this bucket-list event. Starting at the Queen Elizabeth Olympic Park, the RideLondon-Surrey takes riders on a 100 mile round route through the heart of London, out to Surrey and back to a spectacular finish on The Mall.



Place2Be Charity Golf Day **25 September 2019**

Join us for a superb day of golf and lunch in the company of rugby world cup winning star, Will Greenwood. Taking place at the stunning Sonning Golf Club in Reading, the 4th annual Place2Be Charity Golf Day is an occasion not to be missed! So gather your team of four and get ready for a great day on the green.



Tough Mudder **Various dates throughout 2019**

Take on the ultimate muddy obstacle course event, where you overcome hills, icy water, muddy fields, rope climbs and fire! It is a challenge that requires teamwork and the courage to push the boundaries of your comfort zone. With several dates around the UK, there is a Tough Mudder for everyone.



Place2Be Carol Concert **4 December 2019**

Join us in the spectacular St Marylebone's Parish Church this December, for a festive evening of favourite carols, celebrity readers and award-winning musical performances.

Contact us to book your place or find out more.

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