



Mental and Emotional Health and Wellbeing Award

Overview

The South East Improvement Collaborative Award aims to recognise settings with a safe, happy and accepting learning environment by equipping children and young people with the knowledge to build resilience and understanding of mental wellbeing and what influences it within their education.

In 2020, a small group of young people from across SEIC worked together with SEIC Quality Improvement Officers and Young Scot to co-design an Award that all schools in the SEIC could apply for. This Award recognises the work of children, young people and their schools/settings in improving resilience and understanding around mental and emotional health and wellbeing in their own setting. It supports the young people's feelings that mental and emotional health and wellbeing should be central to everything that goes on in and around the school.

There are 3 areas of work within the Award that schools can apply for outlining a piece of work they have engaged in that meets one or more of the areas set out below.

Culture and Atmosphere

This section will demonstrate and focus on a change in mindset and approach to mental health and wellbeing. The activities should be centred around creating an environment of respect and equality, with space for open conversations around mental health and wellbeing.

Education and Curriculum

This section looks to see projects that are informing both young people and teachers around the variety of mental health and wellbeing issues, potentially making use of PSE lessons and creating a baseline of knowledge for all those involved. It is vital that schools are creative in their approaches to this section, demonstrating the care for individual needs and issues, not a blanket approach that may not suit everyone.

Support Networks and Communities

The Award recognises that young people's lives outside of school should also be considered, with the influence from and with friends, family and communities. This could also provide a link to support from specialised groups, creating support networks for young people and learning from the experiences of others.





SEIC Mental and Emotional Health and Wellbeing Award

Success Criteria

Criteria	Submitted Evidence
Children/young people themselves directly identified an area of mental and emotional health and wellbeing that needed addressed and improved in the school.	<p>Evidence should look to demonstrate the experiences and views of children/young people and the impact it has had on them. It can be submitted in a variety of forms, this includes video clips of lessons, quotes from students, visual evidence such as photos or creative pieces, quotes from parents, surveys of young people, posters, information, and completed activity sheets.</p> <p>Children/young people can deliver activity in one or more sections of the award e.g.</p> <ul style="list-style-type: none">  Culture and Atmosphere  Education and Curriculum  Support Networks and Communities
The children/young people were supported by adults in the school including teachers to look at ways the issue could be improved.	
Actions were identified and progressed, with the support of adults, to address and improve this area of mental and emotional health and wellbeing.	
The project/improvement was shared with the wider school/community on a regular basis to update on progress.	
Opportunities are offered for other children/young people/staff/agencies/partners to engage in and support the project.	
The children/ young people involved regularly review what worked and what didn't, ensuring continual improvement.	

In delivering the Mental and Emotional Health and Wellbeing Improvement:

-  Where possible activity should look to involve parents/carers in some way
-  Equality and diversity must take a key focus through activity and delivery
-  Activity should encourage conversations about adversity and resilience and how it effects young people's mental health



Application Process and Awarding Panel

Applications will be accepted for the Award throughout the year. A panel of Young Ambassadors from across SEIC will come together with link QIOs to look at the application within a month of their submission. The school will be given feedback as to whether their project is successful or guidance as to further information/actions required to achieve the award.

On achieving the Award, the school will be presented with a certificate and logo to use on school communications.

An annual celebration of achievement will be hosted to share the projects that schools achieving the award have engaged in to promote mental and emotional health and wellbeing across their school.

If your school has been involved in any piece of work that you feel fit the criteria, please submit the application form below to:

seicollab@outlook.com

Subject: Mental and Emotional Health and Wellbeing Award





SEIC MENTAL AND EMOTIONAL HEALTH AND WELLBEING AWARD APPLICATION

Please complete the following information and return with any supporting materials to:

seicollab@outlook.com

Subject: Mental and Emotional Health and Wellbeing Award

Supporting materials may include presentations such as PowerPoints/Powtoons/short films/interviews/recordings/posters/reports etc.

Name of school	
Local Authority	
Name and School Year of pupils leading the Project project	
Names, job title and email address of staff lead	
Names and job titles of any other adults involved	
What was the aim of your project?	
How did you identify this need?	
What did you do to improve this need? (Actions)	
How do you know this has made a positive difference? (Evidence of Impact)	
What are your next steps?	
Start date of the (date when need was identified)	
End date of the project (date when impact was realised)	

