

## Appendix 1

### Ten actions that schools can undertake to promote well-being of a school community

Within the school context, positive mental health promotion should focus on enhancing protective factors that contribute to the social and emotional growth, and general well-being of young people.

The following key statements are a guide to promoting well-being and mental health in schools:

- 1** Developing and maintaining a safe, caring culture and climate within the school where a sense of belonging and connectedness is fostered.
- 2** Building positive relationships between teachers and children to promote participation, social interaction and pro-social behaviour.
- 3** Adopting a whole-school approach to health promotion, where health is promoted by all and not just by a few members of staff.
- 4** Actively involving children, their parents/guardians and the wider community in developing and implementing school policies to support mental health and health promotion.
- 5** Supporting and implementing a well-planned, consistent and integrated SPHE curriculum to enable children enhance their coping, resilience, communication, conflict resolution, and problem-solving skills.
- 6** Developing whole-school systems and structures to support the early identification of children experiencing social, emotional, behavioural or learning difficulties.
- 7** Actively involving, supporting and encouraging children's participation in extra-curricular activities.
- 8** Fostering a whole-school ethos that accepts and values diversity within the pupil and staff population.
- 9** Providing easy access to information for pupils and staff on supports available to them within the school and wider community.
- 10** Facilitating access to continuing professional development for school staff on the promotion of the mental health and well-being of children.