**30 Questions – Mental Health and Wellbeing**

**Whole School**

1. Do we have a policy in school relating to mental health and wellbeing? How often in the policy reviewed?
2. How aware is the school community of the importance of promoting good mental health?
3. How is an understanding, respect and acceptance of mental health needs incorporated into learning and development opportunities across our curriculum?
4. Have we usefully pooled our knowledge of local support and services?
5. Does staff mental health and wellbeing represent an integral part of strategic and operational practice within school?
6. Does pupil mental health and wellbeing represent an integral part of strategic and operational practice within school?
7. What support is available for those within the school community (staff, children, parents) relating to mental health and wellbeing?
8. How is the school’s Behaviour Policy implemented to ensure that procedures and practices are consistently upheld?

**Staff**

1. Have staff been trained to recognise and respond to mental health issues?
2. Do staff know who to refer mental health concerns to?
3. Are we meeting the emotional wellbeing needs of staff?
4. What are the absence trends in terms of mental health illnesses?
5. Is there a Mental Health and Wellbeing Champion/Lead in school?
6. How are staff successes and achievement celebrated?
7. How is research used to inform practice within school?

**Children and parents**

1. Is our school a listening school?
2. Have we considered how best to work with parents and the wider community relating mental health?
3. Are we meeting the emotional wellbeing needs of children?
4. Are we meeting the emotional wellbeing needs of parents/guardians?
5. Are school aware of specific children who are more vulnerable in terms of mental health issues?
6. How are pupils successes and achievement celebrated?
7. Do our pupils know how to recognise their own mental health issues?
8. How is the progress and attainment of pupils with mental health needs monitored and tracked?
9. What practical support is available for pupils with mental health needs to support them during the school day? (For example, time-out cards, access to a safe space or an adult within school to talk to.)

**Governors**

1. Are governors aware of any trends relating to absences relating to mental health or wellbeing?
2. Are governors aware of any complaints relating to mental health and wellbeing?
3. Is staff mental health and wellbeing on the agenda of any Governing Body Meeting visit to school?
4. Is staff mental health and wellbeing on the agenda of any Governors visit to school?
5. Do Governors and School Leaders consider mental health and wellbeing when making strategic decisions within school?
6. Is there an appointed Mental Health and Wellbeing Governor to promote mental health and wellbeing and ensure this remains a focus point for the Governing Body?