

Whole-School Approach to Emotional and Mental Well-Being (WSAEMW) Welsh Network of Healthy School Scheme (WNHSS) Self-Assessment Tool (SAT).

Report Date: 1 September 2023

Audience: Bridgend County Borough Council

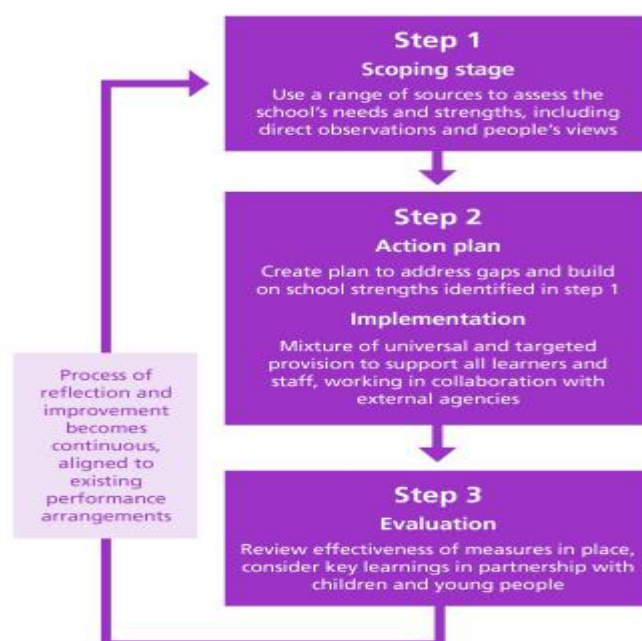
Health Board: Cwm Taf Morgannwg (CTM)

Local Authorities included: Merthyr, Bridgend, and Rhondda Cynon Taff

Embedding a Whole School Approach to Emotional and Mental Well-being.

The framework on embedding a whole-school approach to emotional and mental wellbeing (see Appendix 2), provides a defined process for schools to develop and embed their own whole-school approaches which is consistent, equitable for learners and staff and which is not intended to be overly bureaucratic, rather working in common with existing school improvement processes. It is about emphasising the good things that we should all be doing as a matter of course.

The framework enables schools to scope their need, mapping their strengths and weaknesses, using the range of data they have available to them, including internal and external sources and benchmarking data from schools within their own region. They will be supported by dedicated implementation leads, funded by the Welsh Government, and embedded within the WNHSS.



Number of schools who have participated across Bridgend: 51

The stages refer to the diagram above.

PHASE 1 SCHOOLS		
Pathfinder Schools – began the Self-Evaluation Tool between June 2021 – April 2022.		
Bridgend	Completed	Next Steps
Heronsbridge	Scoping Stage	Evaluation
Nottage Primary	Action Planning	
St. Robert's RC Primary	Implementation Stage	
Oldcastle Primary		
Llangewydd Junior		
Cefn Glas Infants		
Maesteg School		
Archbishop McGrath RC Comprehensive		
PHASE 2 SCHOOLS		
Phase 2 Schools – began the Self-Evaluation Tool between April 2022 -July 2022.		
Bridgend	Completed	Next Steps
Plasnewydd Primary	Scoping Stage	Implementation
Bettws Primary	Action Planning	
Ysgol Bryn Castell		
Brynteg Comprehensive		
Cynffig Comprehensive		
Porthcawl Comprehensive		
Oldcastle Primary		
Ffaldau Primary		
Nantyffyllon Primary		
Tondu Primary		
Litchard Primary		

Croesty Primary		
Porthcawl Primary		
Coychurch Primary		
Penybont Primary		
Blaengarw Primary		
Archdeacon John Lewis CiW Primary		
West Park Primary		
Bryncethin Primary		
Penyfai CiW Primary		
Corneli Primary		
Pencoed Primary		
The Bridge Alternative Provision		
PHASE 3 SCHOOLS		
Phase 3 Schools – began the Self-Evaluation Tool between September 2022 - April 2023.		
Bridgend	Completed	Next Steps
Bryntirion Infants	Scoping stage	Action Planning and Implementation
Ysgol Gyfun Gymraeg Llangynwyd*		
Brynmennyn Primary		
Afon-y-Felin Primary		
St. Mary's and St. Patricks RC		
Ysgol Gynradd Gymraeg Cynwyd Sant		
Ysgol Gymraeg Bro Ogwr		
Ysgol Y Ferch o'r Sger		

Ysgol Gynradd Gymraeg Calon y Cymoedd		
Ogmore Vale Primary		
Pil Primary		
Coleg Cymunedol Y Dderwen *		
Abercerdin Primary		
Nantymoel Primary		
Tynyrheol Primary		
Garth Primary		
Pencoed Comprehensive*		
Ysgol Bryn Castell		
*Secondary Schools		
PHASE 4 SCHOOLS		
Phase 4 Schools – began the Self-Evaluation Tool April 2023, or will begin in September 2023.		
Bridgend	Completed	Next Step
Cefn Cribwr Primary	Attended initial awareness session with Healthy School Practitioner supporting schools in Bridgend.	Scoping Stage – to complete SET with all stakeholders.
Coety Primary		
Cwmfelin Primary		
Newton Primary	In-school coordinator given time to familiarise themselves with the SET and the process.	
Trelales Primary		
Maes y Haul Primary		
Brackla Primary		
Caerau Primary		
Tremains Primary		
Mynydd Cynffig Primary		
St. Mary's RC Primary		
Bryntirion Comprehensive		

Purpose

The focus has been to increase number of schools engaging with the Self-Assessment Tool / Self-Evaluation (SET) for the Whole School Approach to Emotional and Mental Well-being (see Appendix 3). There has been a particular focus on settings with secondary-aged learners.

Activity

Meetings Implementation Lead attended to 'promote'/ share priorities / meet with partner agencies are as follows:

- Emotional and Mental Well-being Strategic Group.
- Regional Partnership Board.
- Community Action Groups for Engagement.
- Local Authority / Consortia Well-being Groups.
- Healthy Schools Meetings.
- CAMHS In-Reach Co-ordinator/Youth Engagement Services (NEST Framework adoption with local services).
- Children's Services Partnership Board.
- Working with Chi Education Organisation to build additional capacity to support schools in the evaluation phase of the pilot.

WSAEMW WNHSS Pilot Schools SAT is a regular agenda item in the following meetings:

- Healthy Schools Team / Regional Meetings.
- Local Authority / Consortia Well-being Leads Meetings.
- Emotional and Mental Well-being Strategic Group.
- NEST Framework discussions.

Presentations / Awareness Sessions

Training delivered by Implementation Lead:

- Initial briefing sessions, with invite extended to all schools across Cwm Taf Morgannwg.
- Local Authority head teacher meetings.
- Governor Training with Central South Consortium (CSC).
- CSC Improvement Partners Training.
- Support sessions for schools on staff well-being.
- Additional briefing session planned for Phase 3 of the implementation.
- CAMHS In-Reach / Youth Engagement Services / NEST Framework.
- Strategic Meetings to take place, using the WSA EMW priorities as a starting point.
- An awareness session to the Cwm Taf Morgannwg Mental Health Board.

School Level Activity

All schools have been invited to engage with the Self-Evaluation Tool and have been offered support in its completion.

All schools engaged have received full support to complete the Whole School Approach to Emotional and Mental Well-being Self-Evaluation Tool (WSA SET).

Support has been offered to schools throughout, using the hybrid model in the following ways:

- Individual school meetings, as and when required, with Healthy School Practitioner / Implementation Coordinator.
- In detail guidance on how to complete the tool, how to use the data and completion of the implementation plan.
- Training / resources provided to Pathfinder schools as and when required.
- Presentations to the senior leadership team or working groups.
- Supporting schools with Relationship and Sexuality Education (RSE) parent evenings.
- Email / telephone correspondence.
- Questionnaires for staff, pupils, parents, and governors to enable their feedback to be considered when completing the self-evaluation tool for Phase 2 schools.
- An example evaluation tool provided by pilot schools to support Phase 2 schools.
- An evaluation tool with the guidance questions included for ease of completion.
- Feedback to partners on specific issues.
- Signposting to resources as and when required.
- Healthy Schools Training sessions for staff well-being, CAMHS SHINE.
- Example Policies for WSA EMWb, RSE, Positive Relationships.
- Support sessions on various sections of the tool, including guest speakers from key partners.
- Cluster meetings to support cluster priorities.
- Well-being roadshows to support staff well-being.

Data

The data as of 31 August 2023 located in appendices 4-8 of exemplifies schools who are engaged, the number commencing or who have completed the self-evaluation tool and number of schools engaged in action planning.

Perform and Grow

From September 2022, 55 schools within Bridgend County Borough Council took part in the programme, Perform and Grow, delivered by Sally Evans. The programme was linked to the Public Health Wales Self-Evaluation Tool; however, the programme was not commissioned by Public Health Wales.

The aims of the programme are to:

- Create a high performance, resilient culture.
- Improve organisational clarity with your purpose, your vision, and your communication.
- Achieve operational excellence: business improvement and transformational change projects.
- Create strategic audits, assessments, and planning.
- Develop skills audits and developing plans to build skills capability.

The programme was delivered over four sessions over a period of four months. The Implementation Lead for Cwm Taf Morgannwg, was asked to attend for an hour on session 4 to give a detailed view on how to complete the tool and with whom. This allowed the Healthy School Practitioners to make contact and give additional support.

Sharing Good Practice

Schools that have fully engaged in the process and would be highlighted as good practice:

- Archbishop McGrath RC Comprehensive School.
- Heronsbridge Special School.
- Brynteg Comprehensive School.
- Cefn Glas Infants School.
- Maesteg School (cluster of schools).
- St. Robert's RC Primary School.
- Porthcawl Primary School.
- Porthcawl Comprehensive School.

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