

HEALTH PROMOTING SCHOOLS 2005

Mental Health Award

Checklist

For Mental Health Award



☆ **To qualify** for the Mental Health Award in 2005, Schools must send the following to the Health Promotion Unit (HPU):

- A copy of the completed criteria sheet addressing at least 3 areas under formal curriculum, with associated school ethos/environment and community partnerships completed.
- Evidence that the school makes an effort to promote positive mental health eg: copies of activities, programs &/or policies such as peer support program, transition program, student welfare/discipline policy, parental involvement programs, etc.
- Copies of school newsletters promoting positive mental health or supporting a Mental Health Promotion Campaign eg: Mental Health Week or World Mental Health Day.

For more information:

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School Name: _____
 Contact: _____ Phone No. _____



Mental Health Award

Choose three areas under the Curriculum/Teaching umbrella (eg: Growth and Development, Student Welfare and Mental Health). Indicate at least three activities (you may already do more) from School Ethos and Community partnerships that link with the curriculum by ticking the check boxes. Attach any necessary information including your **Student Welfare Policy and any relevant information/policies explaining special programs you run in your school.**

Curriculum Teaching & Learning Examples	School Ethos/Environment Examples	Community Partnerships Examples
<p>1. Supportive School Community:</p> <ul style="list-style-type: none"> • Values • Relationships • Communication 	<ul style="list-style-type: none"> <input type="checkbox"/> Buddy system/peer support program <input type="checkbox"/> Children have access to staff and are encouraged interact with them <input type="checkbox"/> Structured parent/teacher communication eg: parent/teacher interviews <input type="checkbox"/> Supportive classroom culture <input type="checkbox"/> Staff and student involvement and consultation in developing policy <input type="checkbox"/> Mechanisms for children to express their opinions about school & school life <input type="checkbox"/> Open, honest communication between staff and children is encouraged <input type="checkbox"/> School encourages and values personal achievement <input type="checkbox"/> Promote and support positive parenting programs 	<ul style="list-style-type: none"> <input type="checkbox"/> Parent/Teacher communication both formal and informal <input type="checkbox"/> Parent/Carer involvement encouraged in the classroom and associated activities eg: sport, music, reading <input type="checkbox"/> Parent/Carer involvement encouraged in the school community eg: canteen, P & C, school councils, assemblies, Uniform Committee, ASSPA <input type="checkbox"/> Parent/carer involvement and consultation in developing policy <input type="checkbox"/> Regular School newsletters sent to parent/carer

<p>2. Growth and Development:</p> <ul style="list-style-type: none"> • Personal Identity • Changes • Values • Interpersonal Relationships • Communication • Families • Peers • Groups 	<ul style="list-style-type: none"> <input type="checkbox"/> Children are encouraged to be responsible for their own behaviour <input type="checkbox"/> Creative learning experiences provided that appeal to a diverse range of interest/talents eg: school bands, choir, dance, chess, sports, drama, theatre performances, debating. <input type="checkbox"/> Programs in place to strengthen children's life skills and resilience <p>List: _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Opportunities to take a leadership role in the school community eg: running assembly, school stalls, competitions, etc <input type="checkbox"/> Transition to High School programs <input type="checkbox"/> Transition to Kindy programs eg: Headstart <input type="checkbox"/> Mediation and conflict resolution programs <input type="checkbox"/> Programs that encourage respect for individual differences throughout the school community 	<ul style="list-style-type: none"> <input type="checkbox"/> "Healthy Harold" Life Education Van visits school <input type="checkbox"/> Creative learning experiences provided by community members and community groups/services eg: school bands, choir, dance, sports coaches, drama, theatre performances <input type="checkbox"/> Local high school teachers &/or students involvement <input type="checkbox"/> Information in newsletters covering Growth and Development issues <input type="checkbox"/> Promote Harmony Day (21st March) and its philosophy throughout the community.
<p>3. Safe Living:</p> <ul style="list-style-type: none"> • Personal Safety • School and Play Safety • Personal Health Choices • Making Decisions • Health Services and Products • Drug Use • Preventive Measures 	<ul style="list-style-type: none"> <input type="checkbox"/> All students are taught age appropriate child protection modules (including protective behaviours), eg: No, Go, Tell <input type="checkbox"/> Anti bullying policy eg: No, Go, Tell <input type="checkbox"/> Provide information about help-line services to children eg: Kids Help Line <input type="checkbox"/> Have age appropriate drug education information available for children eg: in the library <input type="checkbox"/> Drug Policy addressing issues such as cigarettes, alcohol & other drugs <input type="checkbox"/> Programs in place that allow for early identification of students at risk <p>List _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Children have access to staff and are encouraged to seek help <input type="checkbox"/> Open, honest communication between staff and children is encouraged 	<ul style="list-style-type: none"> <input type="checkbox"/> "Healthy Harold" Life Education Van visits school <input type="checkbox"/> Involvement in Purple Ribbon month activities <input type="checkbox"/> Liaise with community organisations and specialist health services <input type="checkbox"/> Liaison with Police services <input type="checkbox"/> Information in newsletters covering Safe Living issues <input type="checkbox"/> Newsletter snippets promoting Personal Safety in newsletter

<p>4. Student Welfare/ Discipline</p> <ul style="list-style-type: none"> • Values • Personal Safety • School & Play Safety • Making Decisions • Communication 	<p>Have a Student Welfare/Discipline policy that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Promotes desirable behaviour in students and includes programs for rewarding positive behaviour <input type="checkbox"/> Has clear guidelines to address and reduce challenging behaviours <input type="checkbox"/> Recognises achievement at an individual, group, classroom and school community level <input type="checkbox"/> Has clear protocols for communication with students and parents around positive behaviours and achievements <input type="checkbox"/> Has clear protocols for communication with students and parents around disciplinary matters <input type="checkbox"/> Open, honest communication between staff and students is encouraged <input type="checkbox"/> Includes a peer mediation program (attach) <input type="checkbox"/> Includes school and classroom rules which are positively stated and that reflect the value of children <input type="checkbox"/> Includes an Anti Bullying Policy <input type="checkbox"/> Provides for special interest groups <p>List _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Has support programs in place – Buddy System, Peer Support, Student Council <p><u>Please attach a copy of your school's Student Welfare/Discipline Policy</u></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Consultation with indigenous/NESB groups <input type="checkbox"/> Summary of student Welfare Policy sent home to families <input type="checkbox"/> Newsletter articles to inform parents about student welfare/discipline issues.
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<p>5. Mental Health Literacy & Wellbeing:</p> <ul style="list-style-type: none"> • Communication • Peers • Health Services and Products • Changes • Provide information to assist in understanding mental health 	<ul style="list-style-type: none"> <input type="checkbox"/> Children have access to school councillor in times of need <input type="checkbox"/> School values and encourages personal achievement <input type="checkbox"/> Have age appropriate mental health information available for children eg: in the library <input type="checkbox"/> Loss and grief counselling eg: "Seasons for Growth" <input type="checkbox"/> Mental Health promotion addressed and incorporated into school Student Welfare policy 	<ul style="list-style-type: none"> <input type="checkbox"/> Support a Mental Health Promotion Campaign eg: Mental Health Week or World Mental Health Day (both in October) <input type="checkbox"/> Positive parenting programs <input type="checkbox"/> Kinder parents are provided with information via meetings, student visitation and social functions <input type="checkbox"/> Information that promotes positive mental health to be included in school newsletters eg: children's self esteem, parent tips
<p>6. School supports teacher welfare</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Promote positive staff morale <input type="checkbox"/> Teachers are provided with support and training in positive behaviour management <input type="checkbox"/> Teachers are provided with mandatory Child Protection Training <input type="checkbox"/> Encourage staff involvement in health promoting activities eg: relaxation, stress management, physical activity, creative activities <input type="checkbox"/> Staff/Executive involvement and consultation in developing policy <input type="checkbox"/> Staff/Executive communication both formal and informal <input type="checkbox"/> Information on mental health and wellbeing available to all staff 	<ul style="list-style-type: none"> <input type="checkbox"/> Provision of training for staff eg: professional development, relaxation, stress management, etc <input type="checkbox"/> Liaise with community organisations and specialist health services
<p>Promote Physical Wellbeing</p>	<p>Mental health is supported by physical wellbeing, which is covered by the following health issues in the Health Promoting Schools Award:</p> <p>* Nutritious foods * Physical Activity * Sun Protection * Injury Prevention</p>	<p>We encourage you to apply for these health awards.</p>

A prize to the value of \$200 will be awarded to the school with the most innovative project for this category (This prize will be related to Mental Health). The requirements for this project are that they include activities/programs from the Formal Curriculum, School Ethos/Environment and Community Partnerships areas.

Give a brief overview of your initiative.

Activities/Programs to support the Curriculum Area.

Activities to support the School Environment/ Ethos Area.

Activities to support the Community Partnerships Area.
