

WELLBEING GOVERNORS

GOVERNORS FOR SCHOOLS

The link governor for wellbeing

As with any role we may play in our professional and voluntary lives, it's important to have a description of the duties we should be expected to perform, and a coherent sense of how we are going to carry these out. Mental health and wellbeing being is such an integral undertaking in schools. It is also something that needs to be considered throughout all aspects of the school experience and provision to students and staff alike. The link governor role creates a connection between the governing board and the wider school/Trust and is focused on supporting the school to embed its mental health and wellbeing provision across the entire school.

We have broken down the link governor role into three main areas: strategy, action and review. In most schools the first priority should be to review the current situation and work with the appropriate staff member(s) to develop a strategy for this moving forward. The vast majority of the active work should be carried out by staff members. However, there are actions that governors can take based on their knowledge and professional networks to add value to the school and broaden their awareness of, and access to, opportunities they may otherwise be unaware of.

The link governor for Mental and Health and Wellbeing has responsibility for:

Strategy:

- Ensuring the school has given thorough thought to how mental health and wellbeing can be embedded in the curriculum and other school activities.
- Working with the school to complete an audit of their current provision if needed to understand other areas it could be incorporated
- Understanding best practise and researching successful ways other schools have approached mental health and wellbeing and be ready to challenge and guide as needed

Action:

- Acting as the point of contact on the governing board for the staff member(s) tasked with overseeing mental health and wellbeing provisions within the school
- Ensuring the subject is discussed in committee meetings and as an agenda item in full governing board meetings – acting as a mental health champion for the school within the board.
- Building links between the school and those in your own professional and/or personal networks who can offer further guidance or support in developing the schools provision

Monitor and Review:

- Visiting the school to monitor how effectively mental health and wellbeing is present in the schools actions – this can include learning walks, discussions with staff and pupils etc.
- Writing reports back to the wider governing board to build their understanding of the work the school is doing and enabling other governors to offer challenge and support as they are able
- Ensuring policies are up to date and cover best practise that is evidenced in work the school does.

Governor actions that could be useful in this governor role:

- Undertaking an audit of the schools provision – how is mental health and wellbeing planned into the everyday in the school as well as the curriculum?
- Learning walks around the school to see provision in practise
- Meeting with designated staff members to discuss their plans and priorities for the coming months. What is planned? What would success look like?
- Pupil and Staff voice surveys – how do they feel? Are we seeing results from our initiatives?
- Attending training sessions, webinars and researching mental health in schools to be best informed to offer suggestions and monitor provision.