

The link governor for wellbeing.

Mental health and wellbeing provision for pupils and staff should be considered throughout all aspects of the school experience.

The link governor role creates a connection between the governing board and the wider school/Trust. It's the wellbeing governor's job to support the school to embed its mental health and wellbeing provision across the entire school.

We've 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 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.

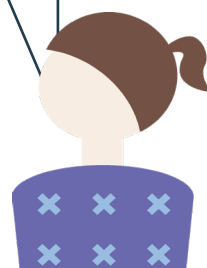
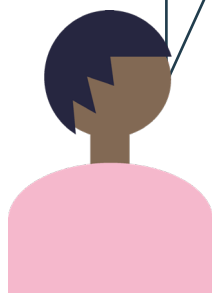
Mental and Health and Wellbeing link governor areas of responsibility

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 to understand other areas it could be incorporated
- Understanding best practice and researching successful ways other schools have approached mental health and wellbeing
- Being ready to challenge and guide the school leadership team

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 mental health and wellbeing is discussed in committee meetings and as an agenda item in full governing board meetings
- Acting as a mental health champion for the school
- Building links between the school and professional and/or personal networks who can offer guidance or support in developing the school's provision



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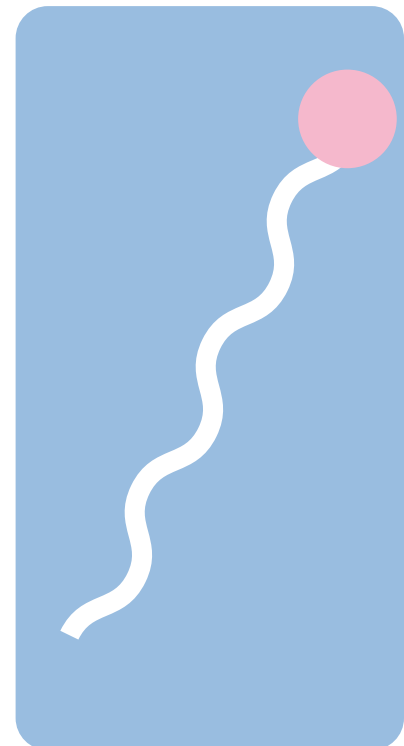
Monitor and Review:

- Visiting the school to monitor how effectively mental health and wellbeing is present in the school's actions – including learning walks, discussions with staff and pupils, etc.
- Writing reports for the wider governing board to build their understanding of the work the school is doing and enabling other governors to offer challenge and support
- Ensuring policies are up to date and cover best practice that is evidenced in the school's work



Governor actions that could be useful in the wellbeing link 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 practice
- 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.



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