



WELLBEING GOVERNORS

GOVERNORS FOR SCHOOLS



Since launching the Wellbeing Governors campaign on 8th September 2020:

55% of all applications include volunteers with extensive or moderate mental health and wellbeing skills



17% of all vacancies registered ask for volunteers with mental health and wellbeing experience



Our wellbeing blogs have been viewed **1,600** times



Over **300** attendees rated the first wellbeing webinar 8.7 out of 10 for usefulness



Our Wellbeing Governors campaign website pages have had a total of over **7,000** page views

Volunteers who have applied include:

- Doctors
- Nurses
- Therapists
- Adolescent Mental Health Advisers
- CAMHS Practitioners
- Health Improvement Officers



We've placed **32** governors onto school boards looking for a mental health and wellbeing governor

Our animation has had **15,000** views across our social media platforms



Our wellbeing resources page has had **3,300** page views



Our promoted blogs have reached over **28,500** people on Facebook and have been engaged with **5,700** times



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What are we doing, and why are we doing it?

In September 2020, we launched our year-long campaign 'Wellbeing Governors'. Wellbeing has been a big issue for everyone in the school community for a long time, and rightly so. But the COVID-19 pandemic has made the importance of looking after our mental health and wellbeing even more important.

The Wellbeing Governors campaign explores the need and impact of having link governors for wellbeing on every school board. These governors can keep mental health and wellbeing on the agenda. We want to encourage volunteers to bring their interest and experience in mental health and wellbeing to school boards, to support schools, staff, and children when they need it most.

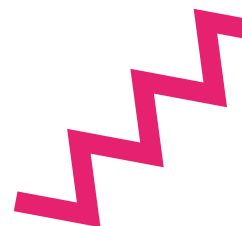
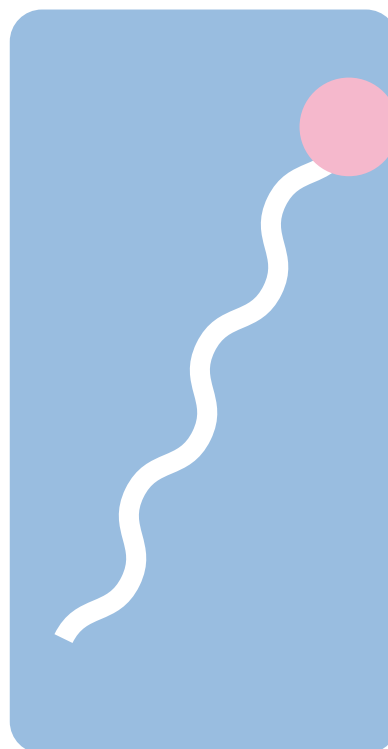
School leaders know they must respond to the increased need for mental health and wellbeing provision in education, and the wellbeing governor supports them in achieving this. With the increased pressure to support children, young people and staff in the return to school it is especially valuable and necessary now.

Schools need people who are interested in and care about wellbeing on their governing boards, so that the right questions are asked, and provision can be improved. As part of the campaign, we're also providing training resources for existing link governors for wellbeing, and for those preparing for the role.

Wellbeing Governors – the campaign year

We're covering all aspects of governors' roles in the health and wellbeing of the school community, with the campaign focusing on a different area each term:

- Autumn – pupil mental health and wellbeing
- Spring – staff mental health and wellbeing
- Summer – pupil physical health and the link to general wellbeing, but also mental health, behaviour, and academic achievement



Autumn term - pupil mental health and wellbeing

From September, we've encouraged people to volunteer as governors, bringing their interest or experience in mental health and wellbeing to a school board. The campaign launched on 8th September with a blog that reached over 5,000 people, and had over 200 engagements. We've created resources in collaboration with expert organisations, so that both existing governors and those recently placed on a board have a positive impact on their school's wellbeing.

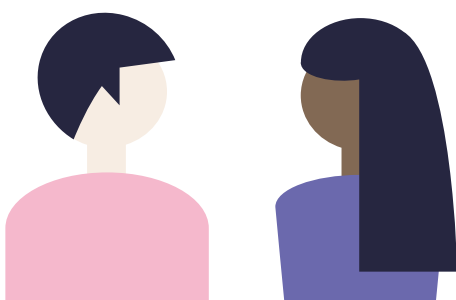
Support for link governors for wellbeing

Resources include:

- An interactive self-review activity for governors to assess their school's response to pupil wellbeing in the post-Covid-19 period
- Questions for governors to ask about pupil mental health and wellbeing provision in schools
- Video interviews from experts in the field, including Stonewall

Over the autumn term we've hosted two panel-style webinars, featuring key voices in the field. Our September webinar, which addressed the topic of pupil wellbeing and the return to school after lockdown, was positively received. User feedback included praise for the range of speakers, the expertise they were able to offer, and the range of practical suggestions for further action.

[Visit our website](#) for a full outline of resources created as part of the campaign.



"It was interesting to hear different speakers with differing backgrounds and experiences. It was good to hear from those who are governors of schools at the moment and what they had done. Their ideas were very helpful and practical...the webinar was very useful.

"As the wellbeing governor for our primary school, I found that really useful and informative. On a positive note I found myself nodding, a lot and saying 'yes, we're doing that / that's on our radar' and I've taken away a lot of thoughts and ideas on areas for discussion and improvement. Excellent

Support for schools

Since September, over 285 vacancies asking for governors with a knowledge or interest in wellbeing have been registered with us. We're in the process of matching some of the 455 applicants who bring this experience to these vacancies.

Looking ahead to next term

In January 2021, we'll launch the second stage of the campaign, focusing on how governors can support staff mental health and wellbeing. Webinars and other materials will be released throughout the term in collaboration with a variety of expert partners, including the NAHT, Education Support, The Key, and What Works Wellbeing.

Wellbeing Governors: Our supporters

We're grateful to our expert contributors from the world of education, mental health and governance. We've benefitted from the experience and knowledge of a range of people and organisations, so would like to give our thanks to:

- MP Margaret Greenwood, former Shadow Schools Minister
- Adrian Bethune, a teacher and wellbeing governor and the author of Wellbeing in the Primary Classroom
- Matthew Audley, lead trainer for children's mental health charity Place2Be
- Jack Parsons, CEO of The Youth Group
- Sidonie Bertrand-Shelton, Education & Youth Lead at Stonewall
- Hope Virgo, Mental Health campaigner, author, and public speaker
- Rachel Przybylski, Mental Health and Wellbeing Governor at Bisley C of E Primary School in Surrey
- Kelly Hannaghan, Wellbeing in education consultant and former governor
- Kaley Foran, Lead Content Editor at The Key
- John Midgley, Chair of Governors at Bradleys Both Community Primary School, North Yorkshire
- Nikki Hall, Youth Mental Health Champion at Kingmoor Infant and Nursery School, Carlisle
- Nicky Corfield, Headteacher at Kingmoor Infant and Nursery School, Carlisle

For more information about the Wellbeing Governors campaign, visit: www.governorsforschools.org.uk/wellbeing-governors

