

WORKING TOGETHER FOR **HEALTHIER** MINDS



THINK



TALK



LEARN



LOVE

A whole-school approach
for promoting mental health
and wellbeing

ABOUT US

Mindapples has been promoting public mental health and wellbeing across the UK since 2008. Our vision is of a world where **taking care of our minds is natural and normal for everyone** – and this starts with children and young people.

Mental wellbeing and resilience became a statutory part of the curriculum for primary and secondary schools in September 2021, and Mindapples wants to help schools deliver on this promise to young people. Working with schools across the UK, Mindapples has developed a **package of training and classroom resources** to support teachers in delivering the new curriculum, and developing an approach to mental wellbeing that can **benefit the whole school community** of staff, pupils and parents.

Key curriculum areas covered by the Mindapples training are:

- > Establish mental wellbeing as a normal part of everyday life, on a par with physical wellbeing.
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- > Know that there is a normal range of emotions and how to recognise and talk about them.
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- > Establish the benefits of social interactions, physical and community activity for mental health.
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- > Establish simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.

WHAT WE DO



Our training equips school staff with the awareness and understanding they need to take care of their own minds, and the tools to help them facilitate positive conversations about mental health and wellbeing with pupils, school communities and families, to build cultures which promote healthy habits and open conversations.



To complement the training, we provide school campaign packs, age-targeted lesson plans and assembly resources. Further e-learning support programmes for school staff are also available which focus on the established cognitive science that's most relevant to school life, such as stress, motivation and mood management.

Mental health can feel like a heavy, medical topic, something to be left to the professionals. But we all have mental health, and the things we do every day affect it. We all each have an amazing opportunity to improve our lives, simply by taking better care of our minds. Let's give young people the tools to do just that.

HOW WE DO IT

1

Mindapples Champions training for school staff

A 3 hour live virtual training session for two of your key school staff, giving participants the core training from Mindapples to use themselves, and supporting them to feel confident talking about and delivering mental health sessions across the school.

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2

Wellbeing campaign pack

A selection of printed materials to help spread positive wellbeing messages throughout the school. The resources promote and embed the Mindapples concepts and approach in all areas of school life, including internal campaigns, events, staff rooms and shared spaces.

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3

Assembly resources and lesson plans

Integrating mental health into schools can sometimes be easier when everyone is together! Assembly resources capture the imagination and provide the platform for follow up classroom discussions, and the lesson plans provide lots of simple activities to do with pupils.

Feedback on Mindapples for Schools

“Mindapples and ‘5 a day’ are really helping us to keep talking about mental health with the boys at the moment. The concept has continued to have a very positive impact even while they are learning from home...”

Sarah Bronson, Senior Deputy Head, Dulwich Prep

“Hearing about what everyone did for their ‘mindapples’, I think it was just unanimous that everyone said they felt great afterwards.”

Sorcha Rudgley, St Mary’s Catholic Primary, Bath



“The Mindapples training surpassed all expectations I had for a thought provoking, interesting and informative training course!”

Sarah Hamilton, Atlantic College

FIND OUT MORE

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FOR SCHOOLS