

How to Promote SEMH Awareness in Schools

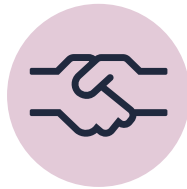
In order to raise awareness of SEMH in schools, providers must focus on the social, emotional, and mental health needs of the children and young people in their care.



Have Specialist Knowledge

Staff are able to access continued professional development in order to increase their knowledge and understanding of trauma, mental health first aid, and positive behaviour strategies.

Staff should be given the freedom to develop and assess new approaches and practices to support learners with SEMH needs.



Prioritise Strong Relationships

Staff prioritise staff-student and student-staff relationships in school. Teachers and teaching assistants know their cohorts well, and can therefore recognise any changes in children's behaviours. The school advocates collaborative work across the school, with students having the chance to learn and socialise in different environments.



Have Universally-Understood Policies

The school's behaviour policy is presented so that everyone in the community can access it. It is advocated across the school, and implemented consistently. Pupils value the behaviour policy. Wellbeing measures are highlighted throughout the policy, with the focus being on prevention rather than punishment.



Have a Creative Curriculum

The school's wider curriculum provides all students with opportunities to enrich their learning. Extra-curricular clubs are offered in the creative arts, STEAM, physical education, and technology. Students are regularly given the opportunity to excel and challenge themselves in new environments.



Nurture Passionate Leaders

If schools actively want to raise awareness around social, emotional, and mental health issues, then senior managers must be the key drivers.

They should be enthusiastic and determined advocates, who empower their staff to become dedicated SEMH leaders as well.



Work Well with External Providers

Schools have strong links to charities and voluntary groups. To cater for an array of complex needs, schools could work with accredited bodies to source registered and qualified staff to support students in key areas of need. Staff can also access professional support to help them with their own wellbeing.