

Waltham Forest Mental Health Charter: Schools Pathway

1. Sign up to the Mental Health Charter

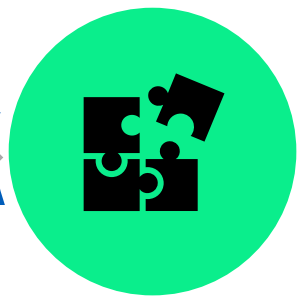


Commit to the following four pledges and agree to provide:

- Safe spaces in our school for our pupils
- A peer listening or buddying scheme
- Lessons, assemblies and activities on mental health throughout the year
- And to engage with mental health professionals

Additional information can be found in the [guidance document](#)

2. Implement charter actions and send evidence



Complete the actions pledged as part of the Charter commitment.

Send evidence of their completion (such as photographs, statements from staff and pupils, survey data, written testimony) to the Waltham Forest Healthy Schools Lead.

Contact Catherine at Catherine.Hutchinson@walthamforest.gov.uk

3. Self-assess against a Mentally Healthy Schools Award checklist



To win a Mentally Healthy School Award and achieve the status of a mentally healthy school, self-assess current provision, policies and processes against the [Mentally Healthy School Award checklist](#).

4. Share an action plan to meet objectives



Use the [Mentally Healthy School Award Checklist](#) to create an action plan which describes how objectives will be met.

Action plans should include timelines and metrics of success.

Share action plan with Healthy Schools Lead.

Contact Catherine at Catherine.Hutchinson@walthamforest.gov.uk

5. Update on progress against actions and provide evidence

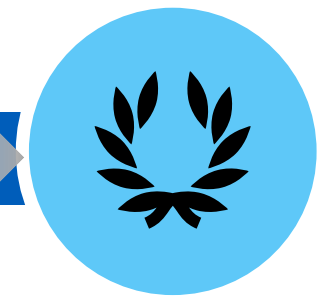


To complete an award application, send evidence of completion of the checklist to the Healthy Schools Lead.

Evidence might include photographs, statements from staff and pupils, survey data, and written testimony.

Contact Catherine at Catherine.Hutchinson@walthamforest.gov.uk

6. Achieve status of a Mentally Healthy School



Applications to the programme will be reviewed by the Healthy Schools Lead.

Successful schools will be classified as a Mentally Healthy School and awarded a certificate. Schools will also be featured on the Mental Health page of the Hub.

Schools must apply for renewal two years after initial award.



Waltham Forest

Further information about the Mental Health Charter, and an electronic version of the poster, can be found on the [Hub](#).