

Mental health at school

Teaching the teachers

identifying mental struggles and issues
encourage to find help

Student Council

- Everyone is welcomed
- Core team
- Listening to students

SPT

School Psychologist Team

- Mental health issues
- Orientation

- Funded by the government
- in every school
- Confidentiality contract
- Activities to bond with SPT
- Teleconsultations

Surveys



Homework



Analyse Statistics



Proof of part taking

Mental health days

3 days / year

- arts on the walls made by students
- each classroom in a different color
- more plants → trees, flowers
- cultural activities (theatres, museum,...)
- join clubs (debating, dancing,...)
- silent green space



gender neutral toilets



free toiletries (for women)

more comfortable chairs



more hours of sports



yoga in the morning

lessons outside

Vegan / vegetarian food in cafeteria
→ healthy food
+ teach them / give info



→ lectures for teachers to gain knowledge how to work with students (new trends,...)

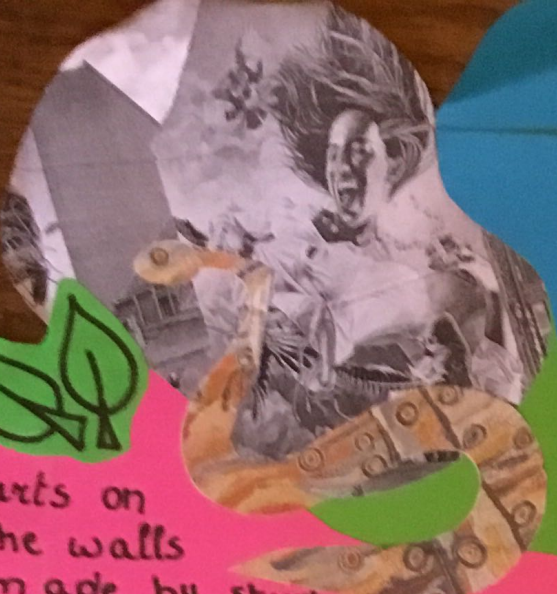
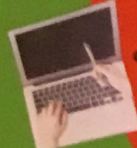
box in the teachers room

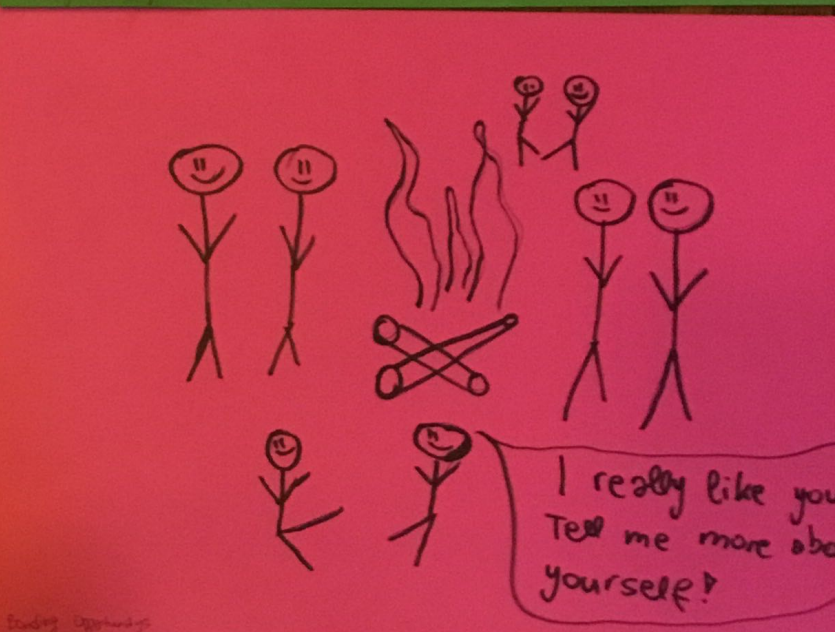
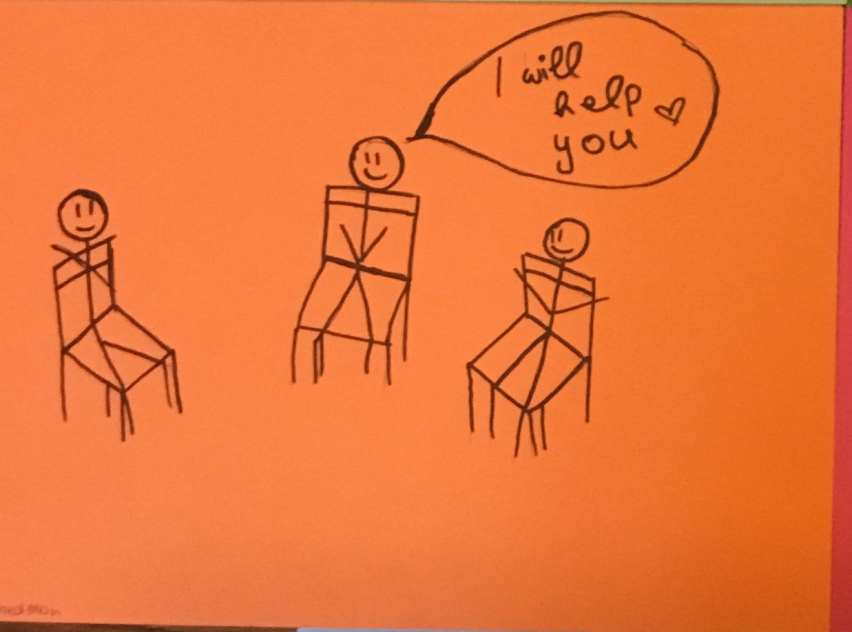
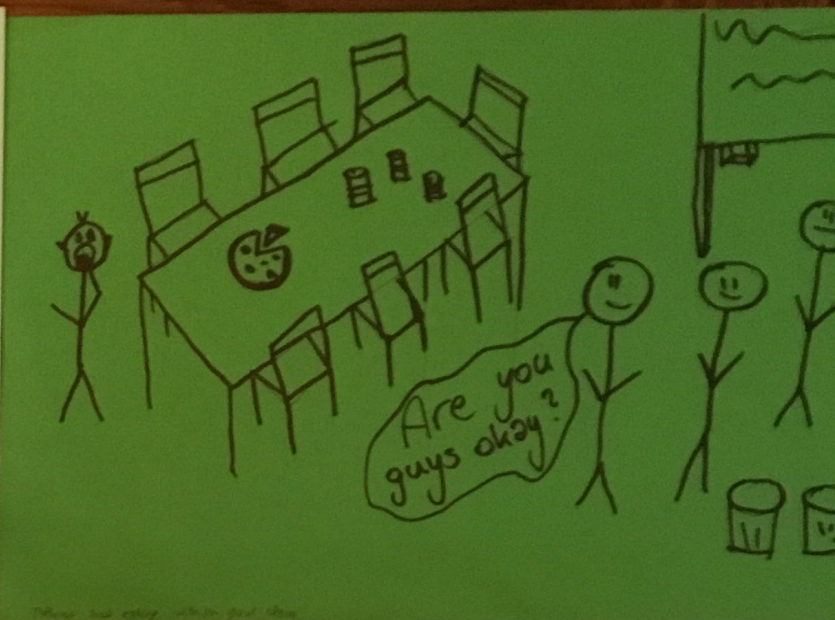
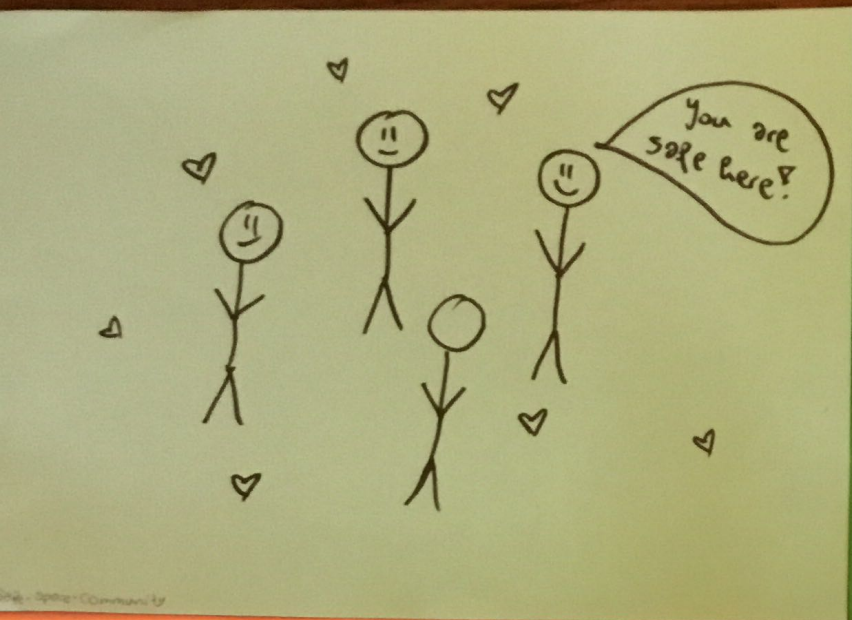
→ students can give feedback

(can do online)

room you can go to when you have free time

- phone charger
- place to study
- library
- laptops for students
- older students can help younger students





PEER MEDIATION

trust

confidentiality

for students

students intermediary

a good atmosphere

BONDING

connecting

Get along with each other

Get to know each other

WALK-IN-HOURS

professional help

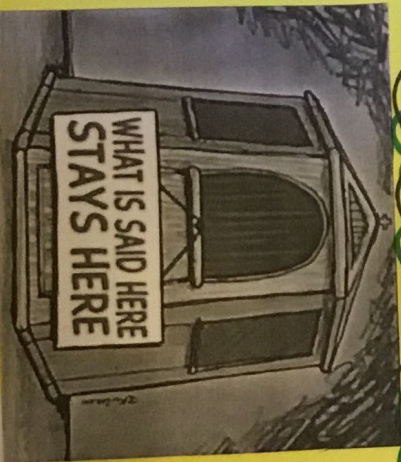
no pressure

accepting environment for everyone

SAFE SPACE

no judgment

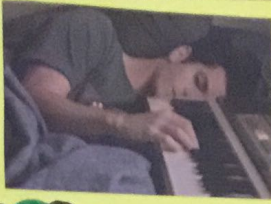
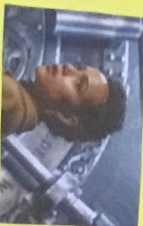
friends

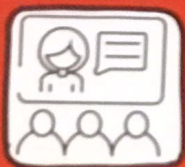


EAT WITH YOUR CLASS

becoming one / class! / no buey

gain trust





communication
is key.



monthly
mental health
check-up



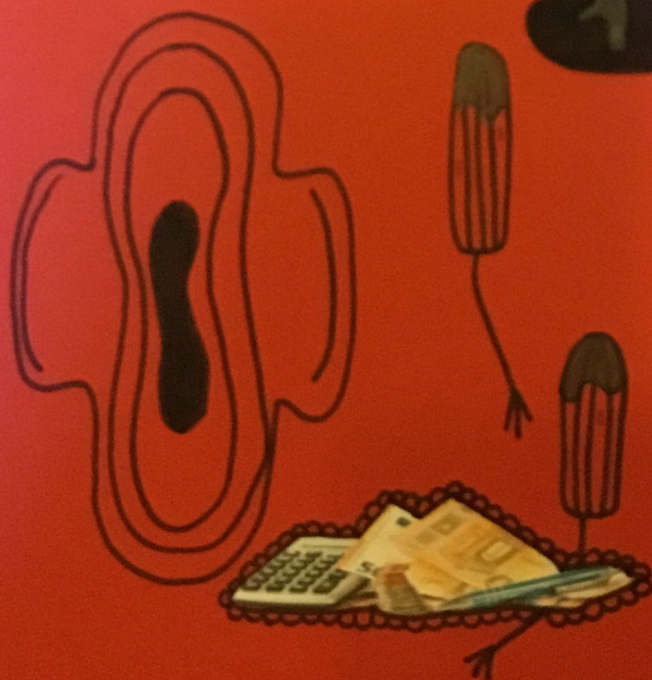
individual
teaching
support

Lizanne
Xander
Shauna
Asal
Alexander

Stronger
together

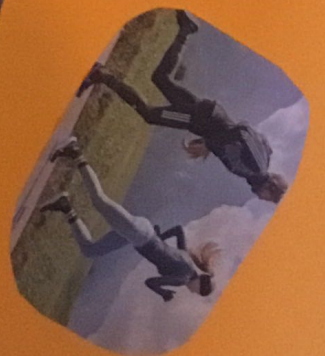
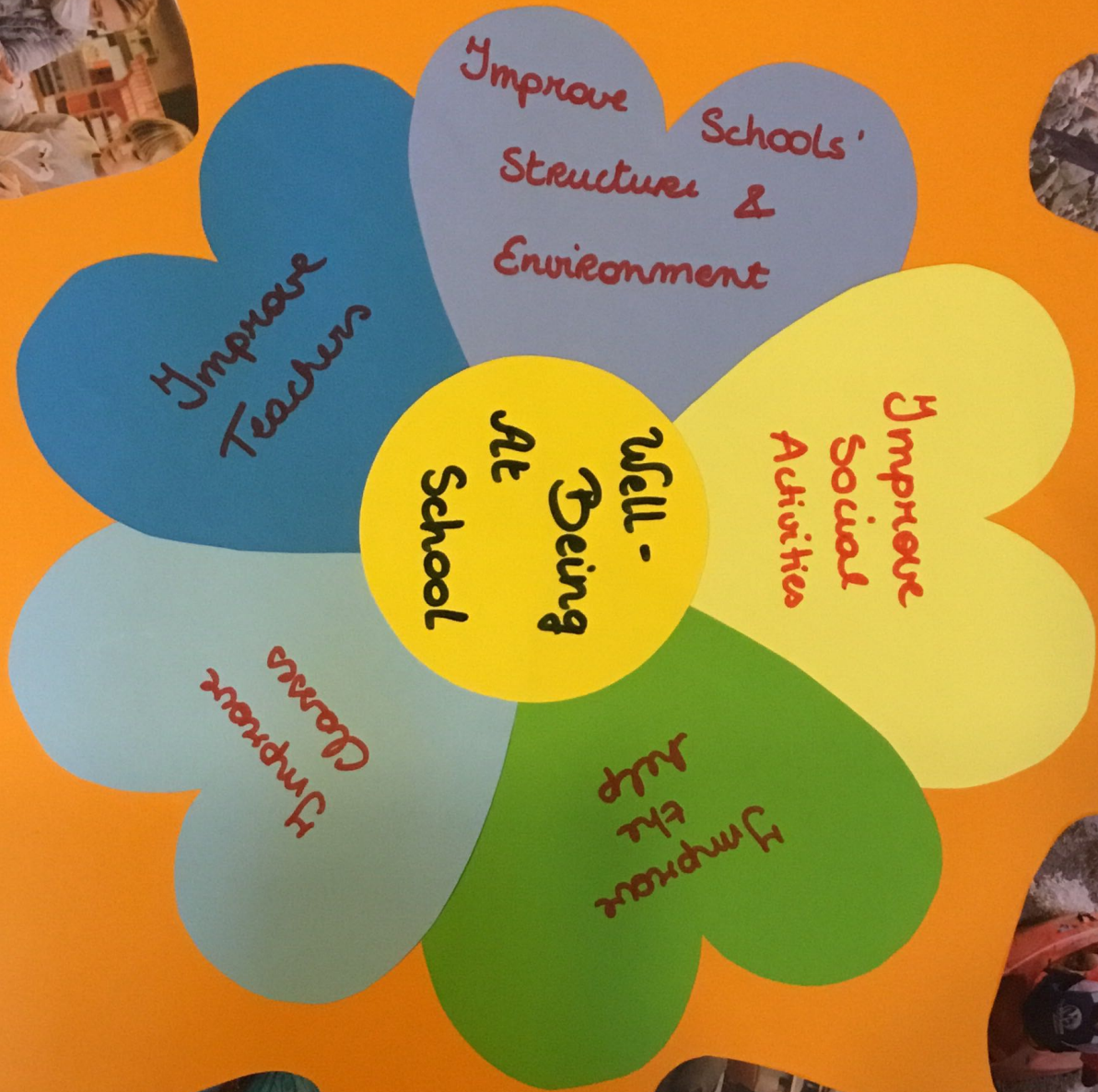


COLLECT PADS &
TAMPONS



MENTAL HEALTH
COURSE FOR TEACHERS







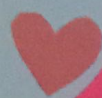
EMOTIONAL
DEVELOPMENT

SCHOOL

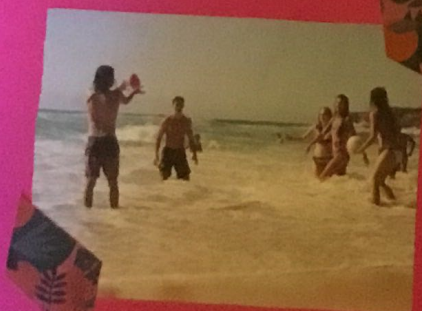
PSYCHOLOGIST



MENTAL
HEALTH



EVALUATION



TEAM BUILDING

ACTIVITIES

WELL BEING

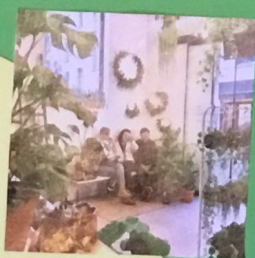
AT

school



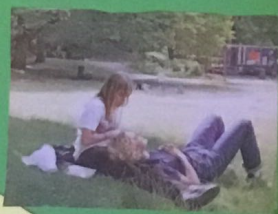
entertainment
activities

- clubs
 - music
 - theater
 - ...
- trips
- sports

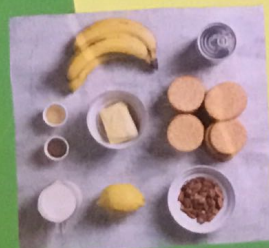


infrastructure

- green spaces
- library
- colourful rooms
- benches



healthy
diet

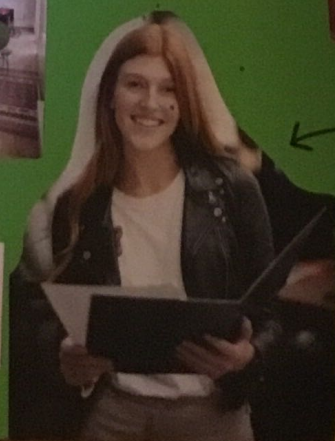


GROWTH

mental health
and support



- student support group
- professional staff

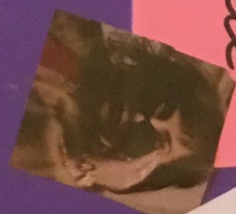


Psychologist

Soundproof
rooms



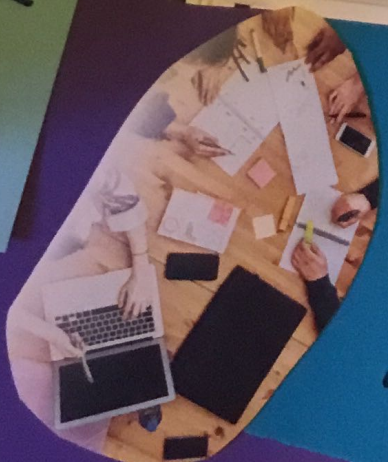
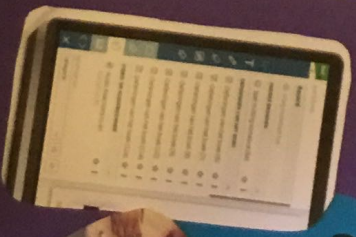
getting rid
of formal
dresscode



SOFTWARE
THE
BEEP



Digital
workbooks

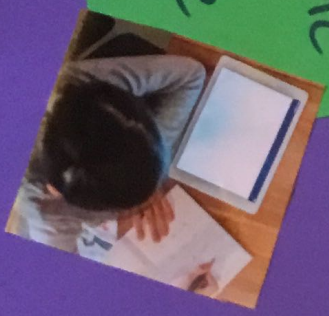


mental
health

picking
classes



Using online
Schedule



Limit of
tests



CREATE COMMON AREAS FOR STUDENTS BY:

- providing a place and time for socialization
(inside/outside)
- creating activities to bring students together



STUDY GROUPS FOR STUDENTS ACCOMPANIED BY A PLACE TO SHARE STUDY MATERIAL



ACTION PLAN WELL-BEING

MORE psychologists who will do the following:



- anonymous checks on
students on a regular basis
(online form/chat)

- workshops dedicated
to practical skills as
part of the learning
system