

About us

GHLL (Gloucestershire Healthy Living and Learning) is the Gloucestershire overarching programme that covers Emotional Health and Wellbeing across all educational settings in the county.

What is GHLL?

An accreditation scheme that provides a universal standard for everyone enabling early help and timely early intervention. The Gloucestershire model has been developed by 'real' teachers; so is manageable, purposeful and relevant.

GHLL has gone from strength to strength:

- PinK safeguarding curriculum
- GHLL resources
- Training
- Lead Teacher support

How do I get started?

- Go to www.ghll.org.uk
- Login to the GHLL Review section using your school email address
- Create a password and complete the review
- Click on the Mental Health Champion icon

For more information:

Fiona Quan
Lead for Children's Health and Well-being

Email: GHLL@gloucestershire.gov.uk

Tel: 01452 427208/7327

Who can help me?

- Email ghll@gloucestershire.gov.uk and we will send you the contact details of the Lead Teacher assigned to support your school
- In addition, the website (ghll.org.uk) gives further information and support to help achieve the Mental Health Champion Award

How do I find my school's Gloucestershire Online Pupils Survey results?

- Go to www.gcc2016.fabsurveys.co.uk
- Select your school and enter your password
- Your password is available from ghll@gloucestershire.gov.uk



GHLL Mental Health Champions Award

Enabling children and young people to achieve their best and live happy, healthy lives.



10 Steps to Gaining and Maintaining the GHLL Mental Health Champion Award

Go to Gloucestershire Healthy Living and Learning (www.ghll.org.uk)

From the homepage hover over GHLL and click GHLL Review (or go direct to www.review.ghll.org.uk)

1

Complete Mental Health Award

- Read information on page
- Complete Mental Health Award questions
- Ensure there is enough detail
- All must be 'In Place'
- Submit it

2

Identify 2 key areas of Mental Health you need to work on

One must be with a significant number of children in relation to your setting.

Your assigned Lead Teacher will be available to help you do this.

3

Collect Baseline data on mental health areas

Use Gloucestershire Online Pupil Survey data, surveys or other reliable data.

- Enter your target group
- Enter number of children/young people
- Enter your baseline measure

4

Plan your actions

What do you intend to do?

For example:

- Staff wellbeing
- Children and young people's Mental Health
- Nurture room
- Song Writing Charity

5

Do it!

Give yourself time. Most projects will take at least a term if not a year or more to embed.

We are looking for long-term change.

Gather evidence, e.g.

- Photos
- Displays
- Events, etc.

6

Measure change against baseline data

Revisit your baseline data and enter the changes that have occurred, e.g.

- An additional 70 children and young people now use focussing techniques to calm and focus their minds
- The work/life balance has improved for staff

7

Submit results

Press the submit button and give yourself a pat on the back!

A member of the GHLL Lead Teacher Team will visit for an informal walk about and submission of any evidence

8

Quality Assurance

Your results will be presented to the Quality Assurance Group who will validate your submission.

You may be asked for more details at this stage.

9

Mental Health Champion Award

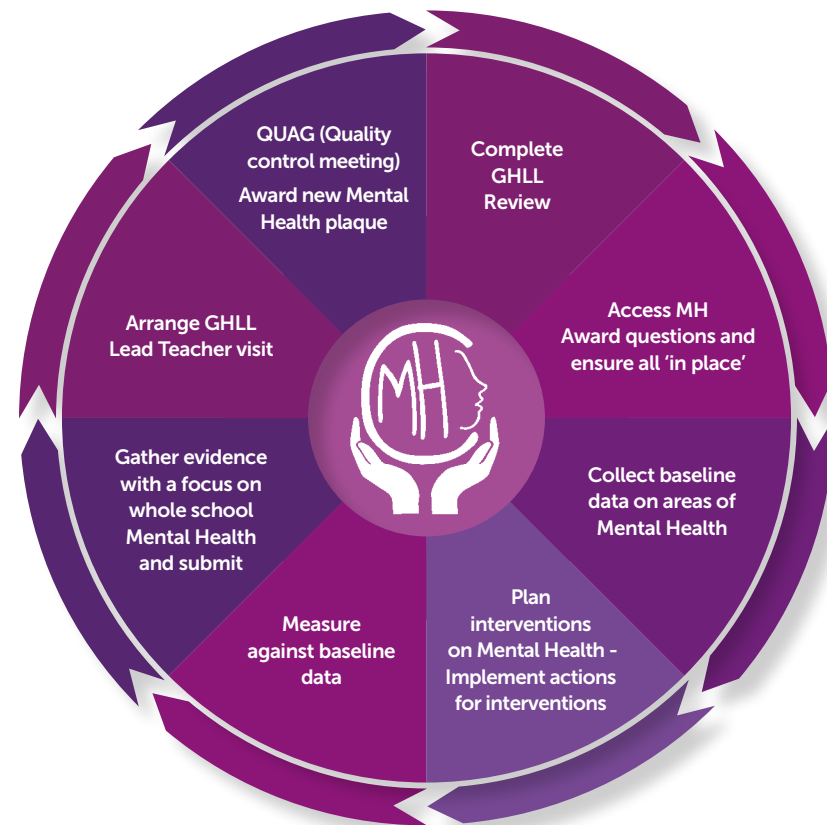
You will be awarded a GHLL Mental Health Champion plaque.

Good practice to be shared

10

What is Mental Health Champions?

This is a framework which was created to acknowledge mental health work already underway in Gloucestershire schools and colleges.



What does the Mental Health Award achieve?

- It builds on successful mental health work already underway in Gloucestershire schools and colleges, including children and young people and staff wellbeing
- It encourages evidence-based practice, which is relevant to Ofsted
- It utilises the Gloucestershire Online Pupil Survey, a unique epidemiologically sound, longitudinal study as well as schools' and colleges' own evidence

What is the process?

- It is a cycle of 'Plan, Do, Celebrate and Review'
- Settings can tailor the mental health work to their individual circumstances
- Educational settings are supported by Lead Teachers who have a wide and varied range of experience from both the Education and Health sectors
- Celebrate and share good practice