



HALCYON PODCAST SEASON 1 E01

Treading the Line, Improving Wellbeing and Mental Health

An interview with Estelle Morris

A resource to further develop the ideas and recommendations in this podcast.

- 1 Continue the conversation with the following prompts perhaps for discussion in SLT or a staff meeting.

Podcast excerpt 23:52 - 26:03

What is the story of your school?

When you tell the story of your school, how much do you tell the story of the well-being of your staff and children in a positive way?

Where would you see this?

What might be said, are there key and consistent messages?

How might people behave?

- 2 Discuss or note down your school's current narrative about how tough school life is. Are there words or phrases that you hear a lot, or views from staff, parents and pupils that are more predominant?

Now, can you reframe your story with the positives of:

Curriculum

The uniqueness of your school (beyond results)

The values that are important to your school community

Join the Halcyon Education Academy

We run a [12 week online course](#) giving you the tools and strategies to put mental wellbeing at the heart of your school. It stems from our

10 Steps to a Mentally Healthy School document which you [can download here](#), along with our [progress tracker](#) to help you prioritise your work.

"The course allowed me to work at my own pace and complete the tasks needed. We have changed our practice as a result and now do a whole school assessment."

For further help or advice, please feel free to [book a call](#) with me or send an email to anna@halcyon.education



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