



Solutions for a Mentally Healthy School



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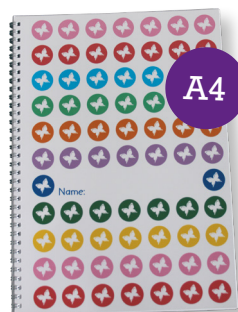
Mental Health Journals

Primary Resources

Key Stage 1 Being me

Aimed at independent use at by children at KS1, this Journal can be used with early years as young as 3 with adult support and interpretation.

Children are invited to make statements about themselves, to make choices and to accept themselves before themes are introduced that relate to interacting as a social being. Empathy, gratitude and forgiveness are explored as well as the delicate areas of making trusting relationships and not feeling guilty for adult behaviours. Children also explore how to keep healthy and vital and how symptomatic pain can have an emotional source. This is an awareness Journal that allows children to develop emotional intelligence. The Journal has advice for parents and professionals who may have concerns about the mental well-being of the very young.



Key Stage 2 Understanding me

Aimed at independent use by children at KS2 or younger, this Journal assumes a year of transitions- a period of changes in school, changes in the body and increasing freedoms that require youngsters to make reflective and appropriate choices.

This Journal acts as a coach and a mentor by providing a range of phrases, actions and solutions to commonly experiences situations and invites the growing child to try on different strategies for 'fit'. Advice is given about seeing bullying, being bullied, supporting friends through difficult days and experiencing personal loss. The Journal is strong in inviting pre-adolescents to consider peer pressure, money and fashion, self-image and how to model the behaviours of confidence whilst recognising that this is a child that still needs to create and play. The book encourages fun; the cover is blank for personalisation. This Journal builds mental wealth.



Author:

Marilyn Tucknott M.A
(Special Educational Needs)

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Secondary Resources

Key Stage 3 Live Out Loud

Small and discrete enough to fit in a blazer pocket, this Journal looks like a used notebook. The images are graffiti and scribble-like, as if someone had been doodling. The pages appear thumbled and ink-stained. In fact, it looks subversive which is entirely in keeping with the polarised behaviour and opinions of this age group. Neuroscience tells us that the teenage brain is going through a pruning process, reworking its pathways. This Journal allows the young person to explore those things to which they are 'at cause' and to which they are 'at effect', asking them to take a position of empowerment as they move into being a young adult.



The Journal takes the form of a journey from articulating apparently superficial preferences, to exploring sensitive hopes and fears. It sensitively explores body-image and gender issues, thoughts of death and defeat, normality and difference. It introduces the language of emotional intelligence and the final page invites the young person to write an instruction manual as to how to understand them- the end of the journey and a new place to start.

Key Stage 4 It's all in the Mind

Subtitled 'don't sweat the small stuff' the Journal's starting point is that there is much to be angry about- from personal issues to worldwide concerns. It explains that this high state of arousal has an impact upon the body and upon the clarity of the mind. Aimed at 14-15 year olds, it addresses the young person who is feeling overwhelmed, thinking about things that could go wrong and who has a roller-coaster emotions.

The Journal assumes that the young person has done 'a lot of living' which has informed his or her attitudes and expectations. The reader is invited to review the usefulness of their current thinking, to engage in a reality-check and to consider a more meaningful future. And to keep the inner-critic quiet!



Each theme begins with a quote that is in itself a challenge. Prompt questions then invite the young adult to frame their viewpoint and to back it up with life experiences or to discard pre-existing expectations.

Mental Health Resources

Using Mental Health Standards

The Mental Health Standards provide you with a pathway to success by identifying the key principles of a mentally healthy school, taking you through the auditing process and showing you how to evidence your outcomes in the 9 units of development ;

1. Leadership, management and managing change
2. Policy development
3. Curriculum planning and resources
4. Learning and teaching
5. School culture and environment
6. Giving Children and Young people a Voice
7. Provision of support services
8. Staff professional development , needs and welfare
9. Partnerships with parents and Local communities

These 9 units are aligned with Ofsted performance areas therefore working through the Standards will deliver success outcomes in the inspection of Emotional Health and Well-being.

Using The Mental Health Standards ensures your school is confidently delivering a whole school approach to emotional well-being and mental wealth.



Using Mental Health Standards in Early Years Settings

This booklet is written for all professionals working with the very young- whether in a nursery, day care or child-minding facilities. The Mental Health Standards for Early Years Settings are offered as a way to ensure that you also provide a mentally healthy climate for growing and learning. This is a priority at a time when we are challenged by the rising incidence of emotional and mental vulnerability amongst children and families.

The Standards can be used as guidance for the individual child-carer or child-minder. However, they are very powerful when used as a whole centre development plan- from leadership to staff mental well-being, providing a rich curriculum and working with the community and other agencies. They incorporate recent guidance and recommended practice both from the mental health world as well as the Early Years Framework.

Guidance is given on what counts as meaningful data that the child-care centre might collect, how to develop the voice of the child and good parent to-centre communication.



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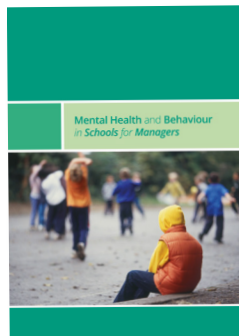
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Mental Health and Behaviour in Schools for Managers

Mental Health and Behaviour in Schools for Managers is a response to the Department for Education's publication Mental Health and Behaviour in schools. The DfE non-statutory advice clarifies the responsibility of the schools, outlines what you can to support a child or young person's whose behaviour may be related to an unmet mental health need.

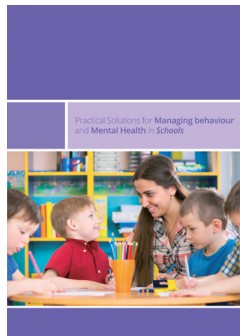
This publication goes to the next stage. It brings together a wealth of knowledge about promoting positive mental health in schools with examples of good practice that will enable managers to deliver the intentions of the government document. You are offered recent and relevant understandings about behaviour and mental health, ways to develop a contemporary behaviour policy with practical examples of recording and monitoring that you can use as a template.



Practical Solutions for Managing Behaviour & Mental Health in Schools

Practical Solutions for Managing Behaviour and Mental Health in Schools is a realistic guide for classroom teachers who need to respond to the Department for Education's publication Mental Health and Behaviour in schools. The publications explains the rationale for a school's responsibility, teaching and learning styles that support positive mental health and some guidance on approaches to the main types of mental health problems.

This publication does what it says on the cover. It sets out matter-of-fact understanding about mental health needs with examples of good practice that will enable you to deliver the intentions of the government document. These ways of working are offered as suggestions; they may only require adjustments to what you already do. This is an excellent resource for newly qualified teachers and for Teaching Assistants with responsibility for challenging pupils.



Order Form

Big Box Solution for Primary Schools

35 x Being Me Journals KS1

35 x Understanding Me Journals KS2

10 x Using Mental Health Standards

5 x Using Mental Health Standards in Early Years Settings

5 x Mental Health & Behaviour in School for Managers

10 x Practical Solutions for Managing Behaviour & Mental Health in Schools

4 x A3 Mental Wealth Ladder

4 x A2 Mental Wealth Ladder

5 x Stress Hearts

■ £499 (Saving £236)

Big Box Solution for Secondary Schools

30 x Understanding Me Journals KS2

50 x Live Out Loud Journals KS3

50 x It's All in the Mind Journals KS4

20 x Using Mental Health Standards

10 x Mental Health & Behaviour in School for Managers

20 x Practical Solutions for Managing Behaviour & Mental Health in Schools

8 x A3 Mental Wealth Ladder

8 x A2 Mental Wealth Ladder

10 x Stress Hearts

■ £999 (Saving £314)

Primary School Sample Toolkit

1 x Using Mental Health Standards in Early Years Settings

2 x Practical Solutions for Managing Behaviour & Mental Health in Schools

2 x Using Mental Health Standards

1 x Mental Health and Behaviour in School for Managers

5 x Being Me - An emotional well-being Journal KS1

5 x Understanding Me - A Mental Wealth Journal KS2

1 x A3 Mental Wealth Ladder

1 x A2 Mental Wealth Ladder

1 x Stress Heart

1 x Primary School Planner

■ £99 (Saving £53.50)

Secondary School Sample Toolkit

2 x Practical Solutions for Managing Behaviour & Mental Health in Schools

2 x Using Mental Health Standards

1 x Mental Health and Behaviour in School for Managers

5 x Understanding Me - A Mental Wealth Journal KS2/3 Transition

10 x Live Out Loud - A Self Awareness Journal KS3/4

10 x It's All in the Mind, Don't Sweat the Small Stuff KS4/5

2 x A3 Mental Wealth Ladder

2 x A2 Mental Wealth Ladder

1 x Stress Heart

■ £199 (Saving £60.95)



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Order Form

Mental Wealth Journals		10	20	35
Being Me Journal	<input type="checkbox"/>	£70	<input type="checkbox"/> £120	<input type="checkbox"/> £175
Understanding Me Journal	<input type="checkbox"/>	£70	<input type="checkbox"/> £120	<input type="checkbox"/> £175
Live Out Loud Journal	<input type="checkbox"/>	£70	<input type="checkbox"/> £120	<input type="checkbox"/> £175
Its All in the Mind Journal	<input type="checkbox"/>	£70	<input type="checkbox"/> £120	<input type="checkbox"/> £175
Mental Health Resources		3	5	10
Using Mental Health Standards	<input type="checkbox"/>	£35	<input type="checkbox"/> £50	<input type="checkbox"/> £90
Using Mental Health Standards in Early Years Settings	<input type="checkbox"/>	£35	<input type="checkbox"/> £50	<input type="checkbox"/> £90
Mental Health & Behaviour in School for Managers	<input type="checkbox"/>	£35	<input type="checkbox"/> £50	<input type="checkbox"/> £90
Practical Solutions for Managing Behaviour & Mental Health in Schools	<input type="checkbox"/>	£35	<input type="checkbox"/> £50	<input type="checkbox"/> £90
Primary School Planner	<input type="checkbox"/>	£8	<input type="checkbox"/> £10	<input type="checkbox"/> £20
Stress Hearts	<input type="checkbox"/>	£15	<input type="checkbox"/> £20	<input type="checkbox"/> £37
A2 Mental Wealth Ladder	<input type="checkbox"/>	£30	<input type="checkbox"/> £40	<input type="checkbox"/> £65
A3 Mental Wealth Ladder	<input type="checkbox"/>	£15	<input type="checkbox"/> £20	<input type="checkbox"/> £35
Order Total:				

Please note prices exclude carriage and VAT

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Signature:

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OL15 9QW

Children's Mental Health is Everybody's Business – Make it yours.

“The emotional well being journals, at all key stages, offers dynamic and ‘real life’ learning for children of all abilities. At a time when the curriculum area of Social, Emotional and Mental Health is under rapid development in schools, these journals and the associated Mental Health Standards offer high quality support and guidance. They are well worth the investment, and ensure that we create “Mental Wealth” in our children and young people.”

– Professor Barry Carpenter CBE, OBE, PhD.



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