

What is SMILE ?

SMILE is an ethos based approach to whole school community mental health & wellbeing developed at Forest Oak School, Solihull.



Principles

- **For all** – children, staff and the whole school community
- **Attainment** – good mental health leads to good life outcomes
- **Listening to each other**
- **Care, concern and respect for everyone**
- **Kindness and gratitude**

SMILE aim

“To empower our school communities (staff and students) to become ‘architects of their own emotional health and well-being’ within an enabling environment.”



SMILE raises awareness of the importance of mental & emotional health and helps us to talk openly.

In school we take part in SMILE activities to look after our wellbeing. This helps us learn new things we can all do every day ourselves to support our own wellbeing.

SMILE promotes emotional literacy, check ins, restorative thinking, scaling and positive coping skills.

SMILE links universal, targeted and individual or specialist mental health & wellbeing support & services across school.

SMILE schools adopt, develop & share school-based interventions to support wellbeing.

SMILE has been implemented in over 12 primary and special schools to support the mental health & wellbeing of their school communities.

Forest Oak School
01217170088
<https://www.forest-oak.solihull.sch.uk/topic/smile>



Information for parents & carers

Give me 5 to make me SMILE!



Socialise & connect with others

Move & get active

Interest... notice things

Learn & keep learning

Engage in something big & give to others

*“Remember no one can give wellbeing to you. It’s you who has to take action,” **Professor Sarah Stewart-Brown, University of Warwick.***



SMILE is based on NHS 5 ways to wellbeing evidence-based steps individuals can use to support wellbeing.: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

SMILE adapts these to make them more accessible to pupils and encourages pupils, staff & parents to 'give me 5 to make me SMILE!'

The SMILE Approach

Adapted from the NHS 'Five Ways to Mental Wellbeing' Nef 2008

SMILE
est. Forest Oak School 2014

- Connect → • Socialise
- Be active → • Move
- Take notice, be mindful → • Interest
- Keep learning → • Learn
- Give to others → • Engage



SMILE steps to wellbeing for each person & in each school is different & unique, just like a person's smile!

