



Mindapples for Schools

An impact review of our whole-school approach for promoting mental health and wellbeing.

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A whole-school approach for promoting mental health and wellbeing

Since launching in 2008, Mindapples has asked 100,000s of people what they do to take care of their minds. We've been gathering the best suggestions and sharing them with the world, online and offline, to inspire all of us to do the simple things that help us feel healthy and happy.

Mindapples is a mental health charity that focusses on educating young people about their minds and helping them to live **healthier, happier lives**. Our vision is of a world where taking care of our minds is natural and normal for **everyone**, and we make that a reality by **sharing knowledge** and encouraging **stigma-free, practical conversations** about the **positive** side of mental health.

While public discussion of mental health has increased in recent years, most mainstream campaigns still focus on **destigmatising mental illness, treatment provision and patient advocacy**, which give young people no positive images to move towards or inclusive conversations to join.

Mental wellbeing and resilience became a statutory part of the curriculum for primary and secondary schools in September 2021, and in response to this we developed a package of training and classroom resources to **support school staff** to deliver this new curriculum and develop an approach to mental wellbeing that benefits the **whole-school community** of staff, pupils, parents, and carers.

We provide **peer-reviewed** information and training which is grounded in **psychology and neuroscience**, but these ideas are presented for discussion and debate rather than as instructional content. Lived experience is what makes us unique and can also unite us. It can help further awareness and understanding, and we get this by **encouraging people to talk about and share the strategies that work for them**. This combination of lived experience and expert knowledge helps people adapt ideas to their culture and context and personalise what they have learned.



The Mindapples for Schools Programme

- A **3 hour live virtual training session** for school staff, giving participants our core training material to use themselves, and supporting them to feel confident talking about and delivering mental health sessions across the school.
- **Follow-on modules** focussing on other topics on the National Curriculum, including emotional resilience, dealing with stress and anxiety, and basic mental health awareness, with practical guidance on how to deliver these topics in the classroom.
- A selection of **printed materials** to help spread positive wellbeing messages throughout the school. The pack includes apple cards, class activity packs, wall posters, stickers, mental health promotion guides and the key principles for promoting wellbeing.
- **Digital resources** including power point presentations to accompany the training with detailed presenters' notes, downloadable posters and apple cards, full access to all the resources in our '50 ways to take care of your mind' campaign pack, and a 6-month subscription to the Mindapples app.

The resources promote and embed the Mindapples concepts and approach in all areas of school life, including internal campaigns, events, staff rooms and shared spaces.

“Out of all the mental health courses that I have attended, this was by far the most people friendly. It gave food for thought rather than a set method.”
Claire Ramsbottom, Mental health champion, Co-op Academy Oakwood, Leeds

“It was a really well run, well delivered, well-resourced and useful course which I thoroughly enjoyed.”
Jude Firth Assistant Head, Mayfield School, Portsmouth



“A thought provoking and highly useful session which I can't wait to roll out within our school community.”
Lorna Watson, Assistant Head, St Paul's CE Academy, St Leonards-on-Sea

“Not only are all resources vibrant, engaging and digitally accessible, they are readily available to be used as part of your own CPD.”
Donna Hughes Ormiston SWB Academy Wolverhampton

Our impact

We **evaluate our programmes** using quantitative and qualitative measures, through evaluation surveys with school staff and pupils, interviewing our Champions and partner schools to gather rich feedback, and subjecting our training to independent analysis and evaluation.

Key Outcomes for pupils

The key benefits we have observed for **young people** participating in our programmes:

- **Improved knowledge of mental health**, wellbeing, self-awareness, and psychological literacy, including awareness of the key factors affecting day-to-day mental health and wellbeing.
- **Improved abilities** to recognise and talk about a range of emotions, and to self-regulate.
- **Developing simple self-care techniques**, including appreciating the role of sleep, rest, nutrition, time spent with family and friends, and the benefits of hobbies and interests.
- **Consequent improvements** in wellbeing, resilience, self-efficacy, and self-awareness.
- **Normalising mental health** as an established part of everyday life and a routine consideration.

Feedback from teachers and school staff

Feedback from teachers, support staff, pupils, and members of the wider school community in response to the Mindapples for Schools mental health education programme has been overwhelmingly positive and school staff have told us they want more!

- 87% found the course useful or very useful.
- 91% would recommend or highly recommend the course to a colleague or friend.
- 73% of people thought it likely or very likely that they will change their behaviour because of what they learned.
- After the training 97% of school staff told us they were aware of the factors that influence our mental health and wellbeing.

Our work brings whole school communities together to **discover and share knowledge** that helps them to look after their minds. Young people are empowered to take control of their mental health by choosing their **own ways of looking after their minds**. As a result, young people are equipped and committed to managing their minds so that they can navigate their way through the challenges of adolescence and successfully transition into adulthood.



*"My mindapples makes me feel happy."
Lily, year 4*

*"Listening to other people's mindapples, showed me just how many simple things I could do to help limit some of my anxieties that come with year 10."
Emma, year 10*

*"I like thinking about my mindapples because they make me feel calm and secure."
Georgia, year 9*

*"I think the mindapples training is really helpful because it allows me to focus on the things I love."
Tayla, year 8*

We asked school staff what behaviours they might change because of what they learned in Champions Training and they told us:

"I will be more conscious of the things I do that are good for my mind and try to take more notice of my moods and what can affect them and what I can do to consciously improve them."

"After the session I felt much more positive. 5 goals a day - I will definitely try to do at least 3 of them. It makes a difference."

"Make sure to look after my mind first, in order that I'm then able to help others. Focus on the positives and take time to do the things I like. I really like that you can choose your own mindapples rather than the more prescriptive 10 a day approach. People are more likely to remember and do them if they've chosen them themselves."

"I will always listen and accept people's emotions rather than question and challenge."





mindapples

Love your mind

Would you like Mindapples in your school?

Email us at schools@mindapples.org

Or give us a call on 020 3774 3279.

What are *your* mindapples?

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