



**BUILDING MENTAL FITNESS  
WHOLE SCHOOL TEACHER TRAINING PROGRAMME  
TO TRANSFORM STUDENT AND STAFF WELLBEING**



## THE PROBLEM

- The leading cause of death in the UK in 2020 for 5-19 year olds and 19-34 year olds was intentional self harm; and event of undetermined intent.<sup>[1]</sup>
- The World Health Organisation state that 1 in 4 of us will suffer from a mental health disorder at some point in our lifetime.
- The rise of social media over the last decade has been a key catalyst for this decline. Since 2011 when social media has been available on mobile phones, incidents of self-harm & suicide for teenage girls in the US has increased by 62% in girls aged 15-19, and by an enormous 189% for 10-14 year olds. <sup>[2]</sup>
- Covid-19 has exacerbated the problem. 67% of 13-25 year olds surveyed in 2021 believed that the pandemic will have a long-term negative effect on their mental health. <sup>[3]</sup>
- It is clear that we need a proactive early intervention approach that will empower all of our young people to take control of their mental health, and identify those students that need specialist support as early as possible.
- Schools are the perfect place to offer this programme so that we can tackle the stigma that surrounds mental health and help as many young people as possible.

[1] According to the Office for National Statistics. [2] According to the Centres for Disease Control and Prevention.

[3] According to Young Minds Charity.

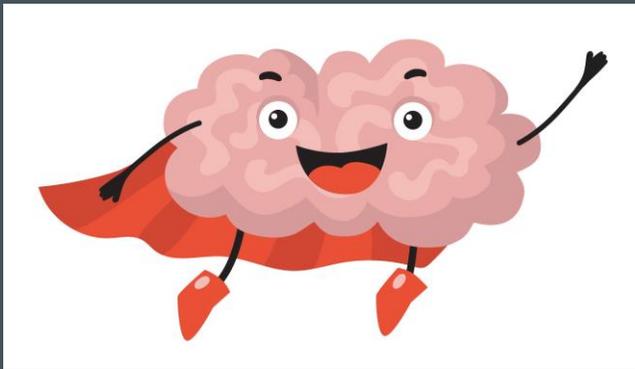
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# WHAT IS THE BUILDING MENTAL FITNESS TEACHER TRAINING PROGRAMME?

- A sustainable, whole school, early intervention programme, driven by your lead PE teacher for students aged 7-11.
- Proactive self care strategies to keep your students' and staff's brain and emotional health in great shape and help prevent mental health issues such as depression and anxiety from escalating both now and later on in life.
- Alongside a differentiated exercise programme.
- A proven model for your PE department to drive whole school improvement based on academic research.
- Online teacher training videos and editable resources to save your busy teachers time, and enable them to adapt resources to the needs of your students.



# PROGRAMME CREATION



- We have tapped into positive psychology so that children are better placed to be able to cope with mental health difficulties later on in their life.
- We researched and studied numerous approaches such as Cognitive Behavioural Therapy, Neuro-linguistic Programming, Trauma Informed Practice, and the Mental Fitness Model; as well as speaking to leading experts in the field to create a model that would be effective in a secondary school setting.
- We then worked with primary school teachers and child psychologists to perfect for Key Stage Two students.
- As current teachers, we road test and refine our programmes on a daily basis.
- We have created Bobby the Brain as our lead character, to guide children on this journey in a fun and engaging manner.

## OUR 9 STEP BUILDING MENTAL FITNESS ROAD MAP

### STAGE 1 -AWARENESS

1 - Intro to mental fitness -  

2 - Identification - 

3 - Self-awareness - 

### STAGE 2 – SELF CARE STRATEGIES

4 - Confidence & kindness - 

5 - Worries as a positive - 

6 - Habits 

7 - Happiness 

### STAGE 3 - IMPACT

8 - Whole school impact - 

9 - Next steps

## OUR 9 STEP ROAD MAP

In Stage 1: We develop awareness of what building mental fitness is and how we can identify those students who are struggling but sneaking under the radar to create a proactive culture. We then give students and staff tools to have greater awareness about how they feel.

In Stage 2: We equip students & staff with a toolbox of self care strategies to build confidence & kindness, use worries as a positive, raise aspirations, develop healthy habits. We show you how to access the happiness chemicals to keep your students' and staff's brain and emotional health in great shape and help prevent mental health issues from escalating both now and later on in life.

In Stage 3: We show staff how to embed the programme across the whole school community in 6 different ways to have maximum impact and celebrate your students and success within 90 days.

## BENEFITS TO YOUR SCHOOL

- Reduced behaviour issues as students' brain stems are calmed reducing fight, fright, flight response.
- Calmer, happier students and staff
- Better peer and student-staff relationships
- Students more engaged in learning
- Increase in student progress and attainment.
- Increase in numbers of students on roll.
- Pupil wellbeing is the top factor for parents when choosing a secondary school (65%) ahead of location (62%), culture and ethos of the staff (59%), facilities (57%), OFSTED rating (57%) and exam results (48%). [1]
- We send out a personalised certificate for your school to display in a prominent place to prompt discussions on your wellbeing provision with prospective new parents and students.
- As the course is online, your teachers can watch at any time to save you cover costs. This makes sure your best teachers are in front of their classes.

[1] according to YouGov research carried out on behalf of YST in February 2021 among UK parents of school age children.



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## BENEFITS TO YOUR STUDENTS

- Improved mental health.
- Increased confidence and belief in themselves.
- Enhanced relationships with peers and staff.
- Reduction in behaviour incidents.
- Increase in progress and attainment
- Improved knowledge of practical strategies to apply to build their mental fitness.
- Improved mindfulness, flexibility, strength and balance.
- Improved sleep and nutrition.
- Greater ideas on how to exercise if low on confidence.
- Greater awareness of the dangers of social media.
- A personalised mental fitness development plan.
- 'Mental Health Hero' certificates to celebrate their progress.





## BENEFITS TO YOUR TEACHERS

- Opportunities for middle management to lead on whole school improvement with guided support from experts.
- All teaching staff within your school can develop expert subject knowledge on how to improve student wellbeing.
- Editable Scheme of learning, student powerpoints, lesson resources, and knowledge planners included to save your teachers hours of time planning.
- A proactive methodology to improve the mental health of your teachers.
- Each staff member who completes the course receives a personalised Future Action 'Building Mental Fitness' tutor certificate.
- Able to access the course content at a time and place that suits their busy lives.
- Ideas on how to implement in your school in seven different ways.

- Access to the online programme for all staff with individual logins for a year.
- An editable student booklet so you can brand it with your own school logo and personalise to the specific needs of your children.
- 13 editable powerpoints.
- An editable scheme of work.
- An editable knowledge organiser.
- A range of posters and resources promoting healthy habits for students and staff to have whole school impact.
- A certificate for the school to promote the work you are doing to improve the wellbeing of your young people.
- Personalised certificates for all staff that complete the training for their CPD records.
- Mental Health Hero certificates for students.
- Kindness Cards.
- Unlimited access to your relationship manager to ensure that the programme is embedded in your school successfully within 90 days and then that support continues throughout the year.

## WHAT YOU RECEIVE



## TESTIMONIAL

'It's crucial, now more than ever to consider how schools and colleges are developing both the academic and the wellbeing of every young person.

At City Academy Norwich we place a core emphasis on every child having the same opportunity in life. Being mentally fit, happy, energised and productive are key attributes that everyone can benefit from having.

Our work with Future Action and the Building Mental Fitness programme has allowed us to ensure we consider a proactive approach to these areas, working with all our young people to become the very best versions of themselves and achieve future successes.'

Paul Collin, Headteacher, City Academy Norwich



## TESTIMONIAL

‘Building mental fitness is a course that we would definitely recommend to other PE departments who are looking to upskill in their delivery of teaching the knowledge needed for young people to recognise and develop strategies for their own mental wellbeing.’

The course tutor Neil Moggan, is passionate, extremely knowledgeable, and keen to engage with staff to develop this brilliant opportunity for all students. The training is user friendly and with the online resources can be used continually to aid planning of lessons.’

Nick Austin, Head of Physical Education, Hethersett Academy



**HETHERSETT**  
ACADEMY

## DRIVING WHOLE SCHOOL IMPROVEMENT IN 7 DIFFERENT WAYS:

1. Within PE lessons
2. In PE clubs
3. During Enrichment days
4. Within RSHE lessons
5. During Form times – Mindful Monday, Wellness Wednesday & Physical Friday
6. Staff wellbeing programmes
7. Social media content to improve the wellbeing of the whole school community





## IMPLEMENTATION PROCESS

Schools that have implemented the programme with maximum impact have set up logins for staff in this order:

[1] Main PE lead responsible for driving the programme

[2] Rest of the PE team and PSHE lead.

[3] Form tutors and any other relevant staff who would like to complete the course.

We hold an onboarding session with the main lead to help them introduce the programme.

We will then be on hand every step of the way to answer any questions and support your staff to deliver this programme so that it has a transformational impact on your school.

We only work with 10 carefully selected schools per half term to ensure that your lead member of staff has expert support and guidance to successfully embed the programme in your school within 90 days.

## SOURCES OF FUNDING

As well as the usual sources, headteachers we have partnered with have accessed funding from the following sources to provide this programme to their school community:

- Covid 19 catch up fund
- Pupil Premium funding
- Opportunity Area funding
- Trust funding
- Sport England





## ORDERING PROCESS

If you would like to build a partnership with us to drive whole school improvement then the process is as follows:

[1] Confirm you want to go ahead and we will e-mail over an invoice.

[2] Once payment is received we will require e-mail addresses, first names and surnames of every member of staff you want to access the course.

[3] We will get your staff set up asap with their unique login to the course so that they can complete the course wherever and whenever suits them throughout the year, saving the school considerable amounts on cover costs.

# ABOUT US – DESIGNED BY TEACHERS FOR TEACHERS

- Our vision is: 'to guide 10,000 teachers around the world to transform the life chances of their young people.'
- Our founder is a current Director of Sport, Health & PSHE in a secondary school in the UK, with over 17 years experience of teaching and leading.
- All of our resources have been used successfully in the classroom to deliver maximum impact.
- We pride ourselves on providing proactive, practical strategies that enable your staff and students to have maximum impact immediately.
- We have won numerous awards for our cutting edge work in schools.
- We welcome the opportunity to work in partnership with you and be your trusted guide, so take action today to improve the wellbeing of your school community.

We look forward to hearing from you.

[Click here](#) to see a video tour of our online course.

Book a call: [calendly.com/info-33513](https://calendly.com/info-33513)

