

Friday 15th December 2023

Dear Quest Community,

Quest and MacIntyre Academies Trust is committed in supporting the mental health of everyone in our community. Healthy Minds is Quests strategy to help support the mental health and wellbeing of all staff and families in order to sustain our positive mental health culture.

The next step in our strategy is to work towards achieving the Wellbeing Award. Developed by Optimus Education in partnership with NCB, the Wellbeing Award for Schools provides formal recognition that a school has met very high standards of provision for emotional wellbeing and mental health. It provides schools with a rigorous framework for implementing a range of strategies to bring about positive change for the wellbeing and mental health of the whole school. The impact of the award on schools has been overwhelmingly positive. It has brought about tangible changes for schools who now view wellbeing as an essential and integral part of their culture, embedded into their school DNA. Their research shows that the Wellbeing Award for Schools has had an impact in six key areas:

- Reduced stigma
- Improved learner behaviour
- Improved learner wellbeing
- Improved staff wellbeing
- Improved family wellbeing
- Improved staff morale

We will shortly be circulating our stakeholder evaluation forms which I would urge you to complete to help form a transparent picture of what our strengths and weaknesses are. We will then send these out in six months' time to gain a picture of whether we have listened to your feedback and improvement can be seen.

We all have a mind so let's work together and help keep everyone's healthy. Please do not hesitate to contact me if you have any questions or would like to take an active role in this new strategy.

Yours sincerely,



Victoria Scranage

Business Manager and Senior Mental Health Lead



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