

How to Maximise
**EMOTIONAL WELLBEING and
IMPROVE MENTAL HEALTH**

The Essential Guide to Establishing a Whole-School Ethos



RONA TUTT and PAUL WILLIAMS



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TABLE OF CONTENTS:

Foreword: From Recovery to Resilience; *Barry Carpenter*

Chapter 1 Changing Attitudes in Changing Times

Chapter 2 A Pathway to Progress

Chapter 3 Realigning Roles and Responsibilities

Chapter 4 Resilience: Risk and Protective Factors

Chapter 5 Emotional Wellbeing in the Curriculum

Chapter 6 Creating a Healthy Ethos and Environment

Chapter 7 A Whole-School Ethos and a Range of Resources

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How to Maximise Emotional Wellbeing and Improve Mental Health

The Essential Guide to Establishing a
Whole-School Ethos

Rona Tutt and **Paul Williams**

In this highly practical book, Tutt and Williams explore how schools and other educational settings can provide students with the right environment to support their emotional wellbeing and hence to maximise their learning potential. Encouraging collaboration between education and healthcare professionals, as well as other services, they show how to develop resilience in young people and provide them with the tools for coping with mental health issues. Based on extensive case studies, and featuring insightful conversations with school leaders and other professionals, this book will be an essential resource for anyone with a wider societal concern about mental wellbeing in young people.

About the Authors

Rona Tutt has an OBE for her services to special needs education. She is a past president of the National Association of Head Teachers (NAHT) and a fellow of UCL's Centre for Inclusive Education (CIE).

Paul Williams has been a head teacher of two London special schools, taking a particular interest in the emotional wellbeing of staff and pupils. Paul has also been a national leader of education (NLE).



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