

Good Practice Exemplars

Holy Cross High School: Time to Talk Day

What is it?

Time to Talk Day 2020

Who is it for?

For all staff and pupils in Holy Cross High School.

What was done?

- Time to Talk posters were put up around the school.
- Interactive posters were given out to all tutor classes and placed in every staff room to prompt conversations.
- Pass the Badge, Feels FM cards, Chatterboxes and 'What's On Your Mind' cards were handed out by S6 Mental Health Ambassadors during interval time.
- S6 Mental Health Ambassadors took over the Holy Cross High School Wellbeing Twitter (@HCHS_HWB). They tweeted photos of the 'Time to Talk' posters, retweeting tweets from various mental health charities, and tweeted photos of staff and pupils with their messages on a specially made #TimetoTalk show me board.

Why was it done?

Activities were done to prompt conversations around mental health, as well as to increase awareness of stigma attached and support available for those who are themselves struggling, or know someone who is struggling with their mental health.

What was the impact?

The activities helped to raise awareness of support available, as well as encouraging conversation amongst staff and young people in classrooms around mental health. Staff and senior pupils reported that pupils with little knowledge of mental health were then given the opportunity to ask questions, and gain a better understanding.

Resources

- Time to Talk 2020 resource packs
- See Me mental health resources
- Holy Cross High School, Health and Wellbeing
Twitter: @HCHS_HWB
(all photos from that week can be found here)

