

St Mary's High School is a Healthy Minds School

Another Milestone in our Commitment to Personal Development



St Mary's High School is proud to announce that its involvement in the Healthy Minds research project has led the school to being awarded the kitemark, only achieved by schools who successfully met all the criteria of the project to a consistently high standard. This milestone is a major move forward in our mission to deliver the best personal, social and health education available and evidence of our ongoing commitment to the personal development of our students.

Overview

Healthy Minds is an evidence-based health and relationships curriculum for years 7-10 that is equipping young people with the life skills they need to thrive in and beyond school. This unique study helps us understand the impact that good quality teaching and learning can have on important outcomes, and how to create a culture of resilience where teachers and students thrive.

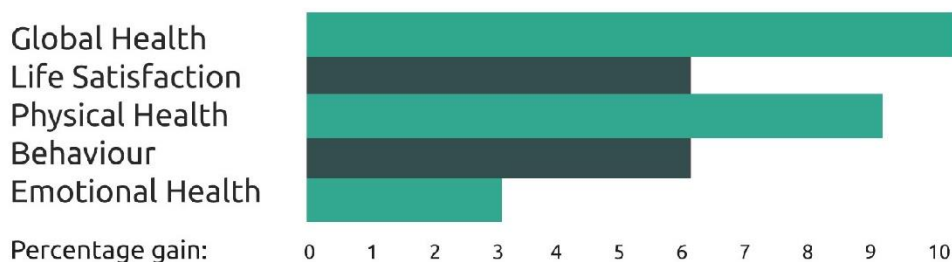
Background

Starting as a research project by the London School of Economics and [Bounce Forward](#), Healthy Minds was funded by the Education Endowment Foundation and trialled in 34 schools over 5 years. Building on learning from the project and feedback from teachers and students, the curriculum is now available to all schools.

As Lord Richard Layard, London School of Economics has said, "Young people need to develop healthy minds and schools should make it a top priority. It is the most outstanding wellbeing curriculum in the world".

Results

The curriculum consists of 113 lessons over four years and includes topics such as resilience, mental health, social media, mindfulness, sex education, alcohol and drug awareness, relationships, decision making, media awareness and more. Students across the 34 schools involved in the research project completed questionnaires before and after completing the curriculum, here are the results:



[Click here to learn more about the Healthy Minds Research Project](#)