**Governor Visit Report**

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| **Name** | **Neil Swanston** |
| **Date of visit** | **23rd April 2019** |
| **Which area of the SEF/RAP is it linked to** | **Pupil wellbeing** |
| **Focus of visit** | **Mental Health** |
| **Classes / staff visited** | **N/A** |
| **Summary of activities e.g. observing classes, talking to staff and pupils, looking at resources etc.****I attended a mental health workshop at Mill Lane School run by Oxfordshire County Council. The aim of the day was to help teachers and support staff to recognise the signs of a child who could be suffering with a mental health problem and be able to offer practical advice and guidance to support them.** **This was an interactive full day workshop that was attended by several schools from the Thame partnership.** |
| **What have I learned as a result of my visit****How to spot a child who may be suffering by observing certain changes in behaviour. It isn’t always the obvious ones who need the most help.****Children want someone to actually listen to them. Somebody impartial and often detached from their situation. They want an adult to notice their distress and to be helpful. Children want support when change happens. They want time to talk about how they are feeling.** **I was surprised to learn about the development of the human brain, which has a direct impact on the behaviours and reactions of a child.**  |
| **Positive comments about the focus****I am a huge advocate of mental health awareness and support, so it is immensely pleasing to know that almost every member staff at Mill Lane has had an opportunity to learn more about this, and have been given practical tips and tools to be able to support our pupils.**  |
| **Aspects I would like clarified / questions I have****I would like to understand whether the workshop was truly worthwhile for the staff, or if the content was something they were already familiar with.** **Has it been easy to put into practise and has it been useful?** |
| **Ideas for future visits****Look at opportunities to embed this type of support into the school day, encouraging pupils to talk about how they are feeling and to look out for one another and see when their friends may need support.**  |
| **Any other comments** |

**Signed Governor: Neil Swanston**

**Signed headteacher:**