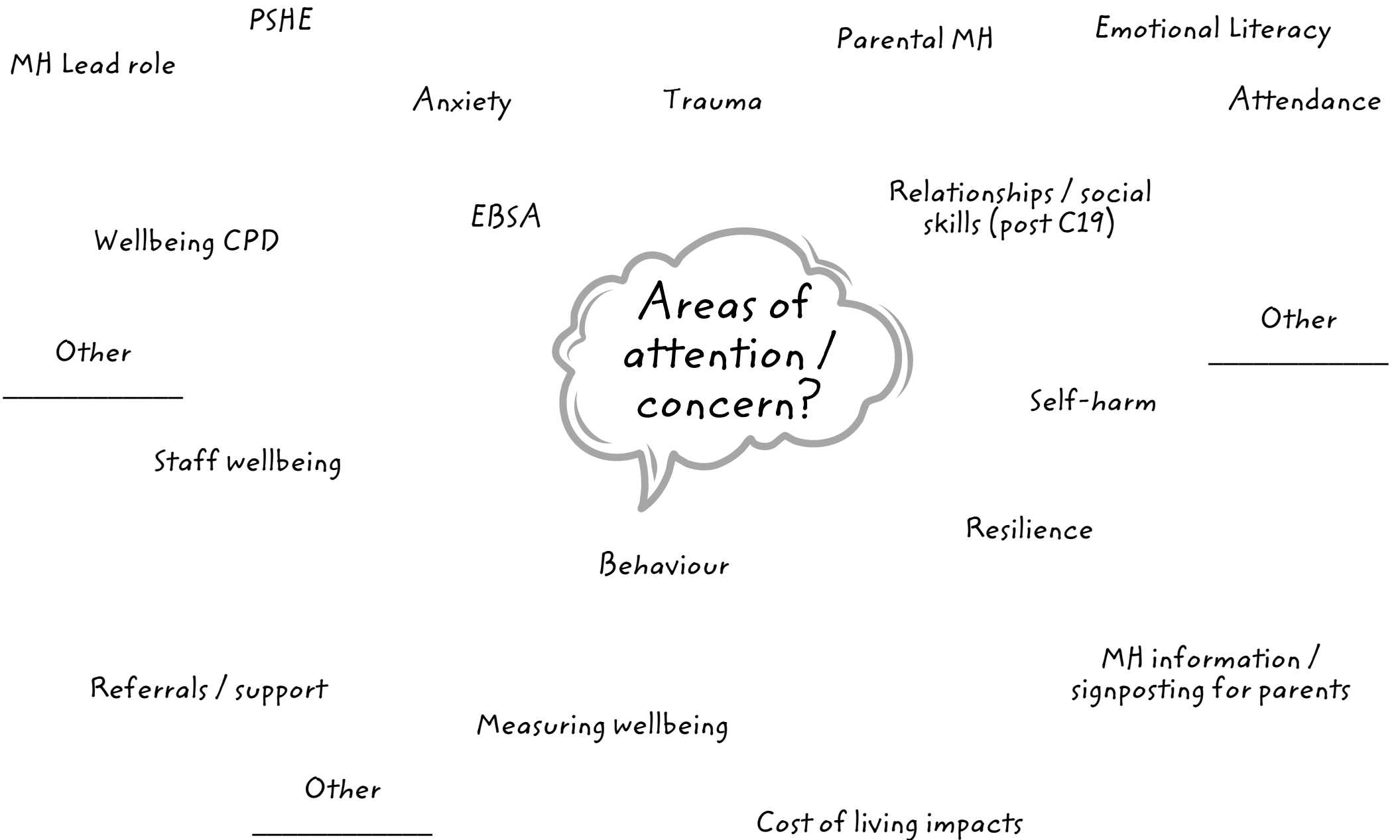


School: _____

Date: _____



Six Litmus Tests - Pooky Knightsmith

Complete this quickly and instinctively without too much thought!

Staff at my school are happy and healthy

1	2	3	4	5	6	7	8	9	10
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My school feels safe and welcoming

1	2	3	4	5	6	7	8	9	10
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The voice of every learner is heard and valued

1	2	3	4	5	6	7	8	9	10
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We recognise and support our most vulnerable learners

1	2	3	4	5	6	7	8	9	10
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Parents and carers positively engage with my school

1	2	3	4	5	6	7	8	9	10
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Pupils, staff and parents seek help when needed

1	2	3	4	5	6	7	8	9	10
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School

SMHL

SLT

School Staff

Pupils

Governors

Parents / carers

People who support the school*

From *The Mentally Healthy Schools Workbook* by Pooky Knightsmith 2019

You can download a free copy of the book [here](#) and find an interactive online version at:

www.headstartkernow.org.uk/schools-only/:

*e.g School Nurse, EP, family worker, EWO - whoever you feel relevant.

Next Steps: Setting

Celebrate and share (with the whole school community) successes / good practice noted

Identify 1 or 2 areas for development based on school needs / priorities:

A Quick Win – Choose something you can do right away to make a difference

A Medium-Term Goal – What can you aim to do within the next three months?

A Longer-Term Challenge – What is going to take six months to a year to achieve if you start work on it right away?

How can we help*?

Next Steps: Individuals

Recognise and celebrate what's going well

Quick win - this week or so. A small change / a good idea to share with colleagues.

Longer term - this school year. A book to read / a course to attend, a change to classroom practice, a contribution to the wider school plan.

This is not necessarily something to require staff to do and share

How can we help*?

*<https://www.headstartkernow.org.uk/contact/>