

NOTICE OF MOTION
GREEN GROUP
MENTAL HEALTH IN SCHOOLS

This Council resolves to:

1. Ask the Chief Executive to write to the Secretary of State for Education, to request that the Government:
 - brings forward ten-year plans to expand school and college based mental health services for children and young people, so that 100% of children and young people requiring specialist care are empowered to access it prior to 2030;
 - puts in place adequate funding support for schools and teachers to implement this mental health work in schools.
2. Continue to support the improvement of mental health for our city's children and young people, and to request officers to bring a report to the Children, Young People & Skills Committee detailing how the council can work with our family of schools to:
 - support and promote the development of greater preventative activities designed to assist with anxiety and depression, such as lunchtime yoga, meditation, healthy eating and greater physical activity;
 - develop and share best practice on restricting access to mobile phones in the classroom, in conjunction with the existing work done in our schools to support young people managing social media and cyber bullying;
 - ensure teachers and staff can access adequate training and support, in conjunction with existing work done in P.S.H.E and through the Schools Wellbeing Service, to feel able to respond appropriately to students who are directly affected by poor mental health and low self-esteem.

Proposed by: Cllr Knight

Seconded by: Cllr Sykes

[1] The Parliamentary Education and Health Committee has warned the 10-year timetable for Government mental health plan 'ignores the needs of hundreds of thousands of children who will go without support while it is rolled out.'

[2] Anxiety is listed as one of the most prevalent reasons for a referral to CAHMS partners

[3] The use of mobile phones is restricted in school hours by e.g. Blatchington Mill.
<https://esrc.ukri.org/news-events-and-publications/news/news-items/school-ban-on-mobile-phones-helping-pupils/>

