

ONETM GOOD SCHOOL

jigsaw.ie/onegoodschool



One Good SchoolTM
Digital Promotion Pack for Schools

JIGSAW
Young people's
health in mind

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For information, support, or just to find out more about what we do, visit jigsaw.ie

Jigsaw, registered charity in Ireland.
Registered charity number 20064846. Charity revenue number 17439.



Jigsaw's One Good School™ and rationale for promotional pack

In Jigsaw, we believe that schools play a vital role in promoting and supporting the mental health and wellbeing of young people and the many others within the school community.

Schools can provide a safe and supportive environment for building life-skills, resilience and a strong sense of connectedness.

Fostering healthy relationships among peers, school staff and parents is critical to a young person's overall experience of school and their social, emotional and cognitive development. The wellbeing of teachers, school leadership and school staff must also be considered and supported.

A comprehensive and integrated approach to mental health promotion in

schools requires initiatives and supports for young people, teachers, parents and school leadership teams.

A key component of the success of One Good School™, is a commitment to adopting a whole-school approach to promoting and supporting youth mental health and wellbeing.

This starts with raising awareness about the initiative, connecting with the whole-school community about what is taking place and keeping the community updated. We hope that the material in this pack can support you to do this.



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Reaching out to the whole-school community

Below you will find links to a set of PowerPoints, which can be used to introduce One Good School™ to your whole-school community.

- [Young person briefing PowerPoint](#)
- [Staff briefing PowerPoint](#)
- [Parent briefing PowerPoint](#)

We also have an animation that can be shown to your whole-school audiences which describes the guiding principles behind One Good School™.

- [Animation](#)

Don't forget to share your participation in One Good School™ on social media, we would love to see your school's progress. The images below may be used to help promote your involvement in One Good School™ on Facebook, Instagram and Twitter.

- [Social media cover image](#)
- [Social media post image](#)



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Promoting areas of activity

Below are links to printable posters and social media graphics (which may be used on Facebook, Instagram and Twitter) for many of the One Good School™ areas of activity. Use these to advertise a workshop or to let people know that they are taking place in your school.

- **General One Good School™ workshop**
 - [self-print poster](#)
 - [social media post image](#)
- **Self-care for parents**
 - [self-print poster](#)
 - [social media post image](#)
- **Supporting young people's mental health**
 - [social media post image](#)
- **Managing anxiety in the classroom**
 - [self-print poster](#)
 - [social media post image](#)
- **Innovate for wellbeing**
 - [social media post image](#)
- **Managing exam stress**
 - [social media post image](#)



General social media post image for use on Facebook, Instagram and Twitter

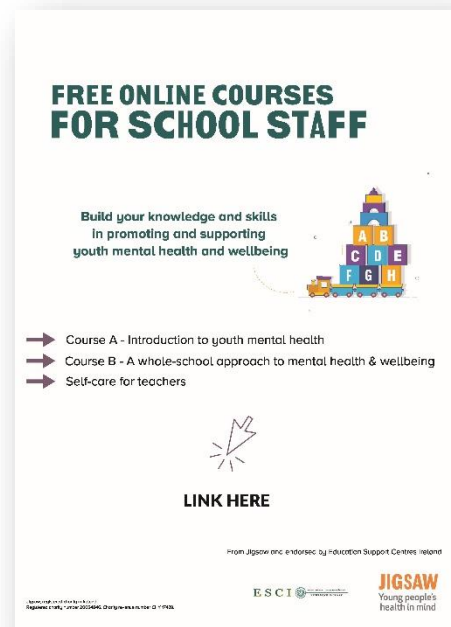
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Promoting eLearning

As well as promoting One Good School™ workshops, let your whole-school community know about the eLearning opportunities available through Jigsaw. These can be promoted even if they are not on your One Good School™ action plan and are available to all in the school community.

- [Self-print poster for online courses for school staff](#)
- [Self-print poster for online courses for parents](#)
- [Social media post image for youth mental health courses for school staff](#)
- [Social media post image for youth mental health courses for parents](#)
- [Social media post image for self-care for teachers](#)
- [Social media post image for self-care for parents](#)
- [Social media graphic for mental health awareness for primary school staff](#)
- [Social media post image for mental health awareness for post primary school staff](#)
- [Social media graphic for mental health awareness for parents](#)



Self-print poster for online courses

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One Good School™ promotion checklist

We know that keeping mental health and wellbeing on the agenda and sharing information about One Good School™ with the whole school community is vital for its success. Below are some ideas that you can use to do this.

Initial stages

- Share One Good School™ information with staff teams, using the supporting animation and PowerPoint
- Share the One Good School™ animation on school website
- Let the community know what you are doing – share updates on social media, tagging Jigsaw
- Consider sending a letter/email/text to parents, letting them know that the school is taking part in One Good School™
- Use the PowerPoint for young people to present at assembly or share with tutors to show during tutor time
- Use student leadership teams to raise awareness of One Good School™
- Use parent association groups to raise and share awareness of One Good School™ using the One Good School™ animation

During the rollout of One Good School™

- Set up a One Good School™ notice board
- Share the action plan areas of activity with your school community
- Advertise workshops using Jigsaw posters
- Share dates and times of parent workshops on social media
- Let the school community know about what workshops have taken place using social media
- Use parents' evenings to raise awareness and share updates
- Update the school community at regular intervals about progress of action plans during team meetings and assemblies
- Ask Jigsaw peer educators or the Innovate for Wellbeing group to share their experiences online or at assemblies

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After One Good School™

- Ask the school community to contribute to the end of action plan review
- Share the outcomes of the action plan with staff, students and parents
- Share next steps
- Celebrate success

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