Since September 2018 we have been working intensively to embed our whole school approach in three primary schools within Oxford. The Family Links whole-school approach develops emotional health and wellbeing across the whole school community of pupils, staff, senior leadership, governors, parents and carers. Our approach addresses all of the recommendations in the Education Endowment Foundation’s Improving Social and Emotional Learning in Primary Schools guidance (2019).

We offer parallel programmes for the whole school community through practical, interactive workshops and resources for staff, a social-emotional learning curriculum for pupils, and training to deliver our parenting programmes. This encourages and supports enhanced relationships between school and home, providing the foundations for good emotional health and for learning. In Year 1 of the project we measured changes in staff and parent outcomes.

**WHAT WE FOUND**

- After a year of working in partnership with Family Links, 55% of staff showed an improvement in their mental wellbeing and 69% of staff showed an improvement in their social-emotional competence.
- Staff felt the practical strategies learnt had a tangible positive impact on their interactions with pupils.
- After attending a Family Links parent group, 81% of parents reported an improvement in their mental wellbeing and 75% felt more confident as parents.
- 69% of parents reported an improvement in their engagement with the school.
- 75% of parents reported a decrease in the amount of anger and shouting at home.
- Staff observed positive changes to pupils’ emotional health, with children more able to reflect on and describe their emotions in challenging situations.

Read the full report [here](#)
IN EACH SCHOOL:

- We delivered practical and interactive workshops for all staff each term.

- We provided all staff with a licence to complete our online module **Mental and Emotional Health in Schools: Effective Strategies and Support.**

- We held regular leadership team review meetings throughout the year to respond to feedback and plan subsequent staff workshops.

- We trained two members of staff in each school to deliver the **Family Links 10-week Nurturing Programme** to parents and provided all the programme resources needed to deliver the parent group.

- We provided every parent who attended a parent group with a copy of our book **The Parenting Puzzle** and every member of staff received a copy of our book **The Teaching Puzzle.**

“I’ve certainly seen a change in the parents in my class that have been going to the parent group - that their interactions with their children have changed, which means the difficulties that I was having have either lessened or improved.”

- Teacher

“Even though in our parent group [the facilitators] were the class teachers of our children... that helped rather than being in the way... I think if anything it helped them as well, to see our children a bit differently in class. It felt like working together rather than having two separate things.”

- Parent

“I think that’s really positive in that the children are getting a consistent message right from when they are four to when they are eleven and it’s also being backed up by those parents who came along to a parenting course. And it feels safer for them because they know that the reactions are the same.”

- Senior Leader

[www.familylinks.org.uk/at-school](http://www.familylinks.org.uk/at-school)