



22nd April 2025

Chelmsford school achieves pioneering mental health award

A Chelmsford school has achieved the School Mental Health Award, which is delivered by the Carnegie Centre of Excellence for Mental Health in Schools. Chelmsford County High School for Girls was awarded a Gold standard for its outstanding mental health and wellbeing provision.

Chelmsford County High School for Girls provides a wide range of activities to boost the wellbeing of students. On a typical day, a CCHS student interacts with her form tutor and engages in one of the many activities planned for form time. These activities include 'Mindful Monday', 'Talk and Walk Tuesday' and 'Friday Frenzy'. Throughout the day, a student has access to a Pastoral Support Worker, Year Leader, Senior Pastoral Leader and the Pastoral Deputy Headteacher. The Pastoral Team works closely with the school SEND Department to ensure everyone is looked after.

Other provisions available to students include art therapy, counselling, access to a school nurse, Mental Health First Aiders and Young Carer support. The school aims to break down barriers to make asking for advice about mental health less daunting. Safeguarding students and looking after their wellbeing is front and centre – the school wants students to be happy and healthy, to unlock the joy of learning.

In the Sixth Form, two Year Leaders each support a team of tutors who help guide students through the transition to study at a more advanced level, the adjustment to the greater independence of life in the Sixth Form and the decisions to be made about higher education and future careers.

Chelmsford County High School for Girls Headteacher, Mr Stephen Lawlor, said: "We are most grateful to the Carnegie Centre of Excellence for Mental Health in Schools for their support with the School Mental Health Award process. Our pastoral provision is central to our work as a school community. Many thanks to Mrs Connolly and Miss Harrison for their leading work with our School Mental Health Gold Award initiative."

Rachel C. Boyle, Dean of Leeds Beckett's Carnegie School of Education, said: "The achievement of the Mental Health award is a demonstration of the school's significant commitment to improving children's and staff's mental health and wellbeing. It is also a

commitment to developing practices in school that seek to improve awareness and expertise in creating safe and secure learning environments in which all children can truly fulfil their potential. This award is one that all staff can be truly proud of.”

Dean Johnstone, founder and CEO of Minds Ahead said: “This award shines a light on the excellent work schools are doing to promote mental health for their community of children and adults. It is thrilling and humbling to learn about Chelmsford County High School for Girls and the many other schools engaged in the quality award process. I’d like to offer my congratulations on this deserved recognition.”

Ends

For more information or images, contact Mrs Rachel Packer on 01245 245729 / rpacker@cchs.co.uk

Notes to editor:

About Chelmsford County High School for Girls

Chelmsford County High School (CCHS) is a proud girls’ school community. CCHS was formally opened on 1st May 1907, with 76 inspiring students on roll, to provide girls with an academic education. By 2025, there are 1,236 extraordinary girls and young women, representing cultures and traditions from the world over, who are part of our progressive grammar school community, committed to excellence in girls’ education and empowerment. [Home - Chelmsford County High School for Girls](#)

About the School Mental Health Award

The award was established in 2017 by the Carnegie Centre of Excellence for Mental Health in Schools – part of Leeds Beckett University – and social enterprise Minds Ahead. The Carnegie Centre of Excellence for Mental Health in Schools aims to strengthen pupils’ mental health by supporting schools to make a positive change at all levels of the UK’s education system, improving students’ outcomes and life chances. Nationally, more than 1400 schools have signed up to take part in the mental health award. [Mental Health Awards | Carnegie Centre of Excellence for Mental Health in Schools | Leeds Beckett University](#)