



## Wellbeing, Creativity and Young People

According to the *Centre for Mental Health (2015)*, by the time they leave primary school, one in five children will have experienced mental health problems at least once in their lives. Left untreated, poor mental health in childhood can lead to a lifetime of difficulties.

### The case for cultural education



Numerous studies have consistently shown the positive impact of arts and cultural education on the mental wellbeing of children and young people.

Key research by the *Cultural Learning Alliance (2017)* found that:

- Participation in structured arts activities can increase cognitive abilities by 17%.
- Learning through arts and culture can improve attainment in Maths and English.
- Learning through arts and culture develops skills and behaviour that lead children to do better at school.

- Students from low-income families who take part in arts activities at school are three times more likely to get a degree.
- Young offenders who take part in arts activities are 18% less likely to re-offend.
- People who take part in the arts are 38% more likely to report good health.

In addition, cultural education can play a key role in bringing schools communities together and strengthening parental engagement, which in turn has a large and positive impact on children's learning (DfE, 2010).

## How The Mighty Creatives can help your school

We strive to create better opportunities for connecting young people to arts, culture and education.

The evidence is clear that creative and cultural activity can enhance pupil's aspirations, ambitions, discipline and confidence which leads to a positive impact on future employability, life skills, and health and wellbeing.

### Cultural education programmes



Our cultural education programmes centre on a collaborative approach to supporting access to arts and culture for children and young people. Working with other organisations, education settings and young people, we help to build the gateways that lead children and young people to inspiring experiences.

### Artsmark



Through the Arts Council England's Artsmark programme, we help schools to provide high-quality arts and cultural education while meeting OFSTED requirements.

There are currently over 400 schools registered for Artsmark in the East Midlands and with our help, using Artsmark's flexible framework, educational settings can embed creativity across the whole curriculum and use it to address school improvement priorities.

Get in touch with our Artsmark team today - email [info@themightycreatives.com](mailto:info@themightycreatives.com) and find out how we can help your school celebrate long-term commitment to cultural education with pupils, parents and your local community.

