



Mental Health and Wellbeing Action Plan
2023/24

Reviewed March 2024

Objective	Who?	Resources	Success Criteria and Impact	Time frame	Progress against objective
To complete a pupil survey on own feelings towards mental health.	EM (class teachers)	Questionnaire	<ul style="list-style-type: none"> Surveys to be completed and analysed – use these to inform next steps. 	May 2023	
Establish a website page for Mental Health	EM / CL	Provision maps (school and local provision) Website links for parents	Inform parents of launch and share link	June 2023	Area on website updated regularly
<ul style="list-style-type: none"> To provide information to parents on Mental Health and Wellbeing support. Continue to update the websites with advice and guidance for families – signposting to support both in school and externally. 	EM / CL	(ELSA EMHP Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC Produce leaflet for parents on local services)	<p>Positive parental feedback regarding MHWB support. Website links are being used and are supporting families. Parents are happy with the communication between school and home.</p> <ul style="list-style-type: none"> Leaflet produced and distributed to parents. Impact discussed with parents 	June 2023	Area on school website for mental health updated regularly.



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			Next useful steps agreed		
To involve our Local Academy Council in mental health actions	EM	(Worry monsters, ELSA support, classroom check-ins – visual support, EMHP)	<ul style="list-style-type: none"> • LAC updated on initiatives highlighted in school • LAC updated on impact of this training – what plans are and how they can support schools. 	June 2023	
To complete pupil voice on mental health	EM	Write pupil voice questions to ascertain what children know is available, how they feel and what they would like in place to support them.	<ul style="list-style-type: none"> • Pupil voice completed and next steps planned 	July 2023	
To provide health and wellbeing activities to promote and sustain the mental health of our pupils.	All staff and led by EM Supported by EMHP	ELSA Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC Mindfulness books and activities	<ul style="list-style-type: none"> • Pupils talk openly about their fears and worries. • Many opportunities for pupils to talk about their feelings and emotions are provided. 		



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		<p>Prayer Spaces and worship leader activities in classrooms Jordan – Christian Youth Worker Amy Hatfield – children’s counsellor</p>	<ul style="list-style-type: none"> • Pupils are happy and comfortable both in school and at home. • Community links are strong and activities contribute to the personal development of all our pupils. • Pupils use the spaces and activities respectfully. • Pupil voice evidences the value and impact of the resources used. 		
<p>To support staff Mental Health and Wellbeing and reduce anxieties relating to COVID-19 and returning to school.</p>		<p>Relax Kids (staff toolkit) Mentally Healthy Schools Action for Happiness Mind https://bemindful.co.uk/ SCC Mind Kind</p>	<p>Staff are making use of the support links available and are having a positive impact. Communication is ongoing between SLT and staff and they feel supported. SLT supported by LAC and SUAT.</p>		<p>New report template to be trialed summer 2023 PPA time can be taken from home Enrichment day planned for the children to give staff subject leader and/or task time</p>



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			Staff consulted about what further support could be provided by SLT. Stress Risk Assessments completed at each academy and an action plan formulated and shared with the LAC.		