



Mental Health and Wellbeing Action Plan
2021/22

Reviewed January 2022

Objective	Who?	Resources	Success Criteria and Impact	Progress against objective
To provide health and wellbeing activities to promote and sustain the mental health of our pupils.	All staff and led by RW, AB, NG, EM	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC Mindfulness books and activities Prayer Spaces and worship leader activities in classrooms Care Home project Uttoxeter Cares St Giles Hospice Jordan – Christian Youth Worker Amy Hatfield – children’s counsellor	<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. • 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>Care Home project began December 2021. Cards and letters sent to residents at our three link homes.</p> <p>Relax Kids sessions continue weekly at AS and St A’s and half termly at St P’s.</p> <p>1:1 counselling sessions provided for some pupils – working incredibly well for those pupils.</p> <p>Spiritual Ambassador Day with Alex Wolvers attended by worship teams. Mindful activities provided by them in classrooms – Jan 22.</p>
<ul style="list-style-type: none"> • To provide information to parents on Mental Health and Wellbeing support. 		Relax Kids Mentally Healthy Schools Action for Happiness Mind	Positive parental feedback regarding MHWB support. Website links are being used and are supporting families.	Area on school website for mental health updated regularly.



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<ul style="list-style-type: none"> Continue to update the websites with advice and guidance for families – signposting to support both in school and externally. 		NSPCC	Parents are happy with the communication between school and home.	
<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. 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.</p>	<p>SSRA completed and action plans shared with LAC. Mental Health an agenda item on staff briefings. Accelerate Learning Services package currently being enquired about.</p>
<p>For SLT (AB and EM) to complete the DfE funded Mental Health Lead training</p>	<p>AB and EM – <i>NG on the waiting list for further funding allocations – Jan 22</i></p>		<p>AB and EM are supported with their training with time allocated to complete tasks.</p>	<p>First training session 26-1-22</p>