



Mental Health and Wellbeing Action Plan
Covid-19 **November 2020**

Objective	Who?	Resources	Success Criteria and Impact	Progress against objective
To continue to provide nurture and emotional support to all pupils, including those who are in school and those who remain at home.	All staff and led by RW, AB, NG, EM	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC Mindfulness books and activities Action for Children Young Minds Anxiety UK Place2Be	Pupils talk openly about their fears and worries. Strategies that are in place are providing opportunities for pupils to talk about their feelings and emotions. Pupils are happy and comfortable both in school and at home. Teachers are aware of pupils' feelings both in and out of school due to successful communication links.	Relax Kids sessions are having a hugely positive impact. Pupil voice session Dec 20, evidences this. Strategies from Relax Kids sessions are being used independently by the pupils in class and around school. Mental Health section of the school website is being constantly added to. Mindfulness awards from the Scouts used in school.
<ul style="list-style-type: none"> To provide information to parents on Mental Health and Wellbeing support during the COVID-19 outbreak. Continue to update the websites with advice and guidance for families – signposting to support 		Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC	Positive parental feedback from pupils both in school and at home regarding MHWB support. Packs and links are being used and are supporting families. Parents are happy with the communication between school and home.	Website updated regularly. Regular communication with parents regarding restrictions and guidance.



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both in school and externally.			Home learning and MHWB links are supporting all families.	
To support staff Mental Health and Wellbeing and reduce anxieties relating to COVID-19 and returning to school.		Relax Kids (staff toolkit) Mentally Healthy Schools Action for Happiness Mind https://bemindful.co.uk/ SCC Mind Kind SUAT funded counselling sessions	Staff anxiety levels have reduced and they feel more comfortable about the new way of working. 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 are supported by LAC and SUAT.	Positive cases within two schools across the Federation at this point (November 27 th) Deep cleaning has taken place in both settings. Staff stress risk survey completed and action plan formulated.