



Mental Health and Wellbeing Action Plan
2023/24
Updated January 24

Objective	Who?	Resources	Success Criteria and Impact	Time Frame	Progress against objective
To respond to the outcomes of the SUAT strategic plan for mental health and wellbeing following the wellbeing charter survey.	All staff	SUAT strategic plan SUAT survey	A wellbeing champion is named in each school and takes responsibility to lead initiatives for staff and pupils.	End of October 2023	January INSET training for staff. AB led section on wellbeing charter. Kind Minds newsletter shared with all staff.
To provide information to parents on Mental Health and Wellbeing support by continuing to update the websites with advice and guidance for families – signposting to support both in school and externally.	AB / EM / RW/NG/FT	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC	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.	Updated regularly and promoted on parents evenings in the spring term 24	Leaflets collected and will be available for parents evenings at each school.
To involve our Local Academy Council in mental health actions	AB / EM / RW/NG/FT		LAC are fully informed about actions and strategies in each academy for pupils and staff. They are knowledgeable about the Trust focus on staff wellbeing and the involvement in the Wellbeing Charter.	Ongoing throughout the year	Information regarding this is included on HT reports to the LAC.



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To complete pupil voice on mental health	AB/NG/EM/FT	Write pupil voice questions to ascertain what children know is available, how they feel and what they would like in place to support them.	Pupil voice completed, responses analysed and next steps planned	End of March 2024	Survey needs preparing – Spring 1
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	<p>Relax Kids</p> <p>Mentally Healthy Schools</p> <p>Action for Happiness</p> <p>Mind</p> <p>NSPCC</p> <p>Mindfulness books and activities</p> <p>Prayer Spaces and worship leader activities in classrooms</p> <p>Care Home project</p> <p>St Giles Hospice</p> <p>Jordan – Christian Youth Worker</p> <p>Amy Hatfield – children's counsellor</p>	<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. 	Dates to be booked throughout the year. World mental health day and children's mental health week celebrated.	<p>Relax Kids sessions continue to take place in each school.</p> <p>Happy Mind Happy Me dates booked for Spring term 24 at each school.</p> <p>Children's Mental Health week plans for wb 5-11 February 24.</p>
To support staff Mental Health and Wellbeing		<p>Relax Kids (staff toolkit)</p> <p>Mentally Healthy Schools</p> <p>Action for Happiness</p> <p>Mind</p> <p>https://bemindful.co.uk/</p>	Staff are making use of the support links available and are having a positive impact.	Ongoing	Stress surveys completed in autumn 23. Results analysed and staff informed at January INSET. LAC informed of



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		SCC Mind Kind	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.		outcomes and action plan.
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