



Horton St Michael's CE First School

Mental Health and Wellbeing Action Plan 2024/25

Objective	Who?	Resources	Success Criteria and Impact	Time Frame	Progress against objective
To continue to respond to the outcomes of the SUAT strategic plan for mental health and wellbeing following the wellbeing charter survey.	All staff Trained well-being staff: AB, DR, NG, EA, EM	SUAT strategic plan SUAT survey	Trained well-being Champion at each school to attend SUAT mental health meetings and respond to initiatives accordingly.	Ongoing throughout the year.	
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.	RW / AB / EM / NG / EA	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC MHST	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	
To involve our Local Academy Council in mental health actions	RW / AB / EM / LR / NG / DR		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	
To provide regular health and wellbeing activities to promote and sustain the mental health of our pupils.	All staff and led by RW, AB, NG, EM, LR, DR	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC	<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. 	Dates to be booked throughout the year. World mental	



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		<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 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>health day and children's mental health week celebrated.</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> <p>SCC Mind Kind</p> <p>SUAT data base</p>	<p>Staff are making use of the support links available and are having a positive impact.</p> <p>Communication is ongoing between SLT and staff and they feel supported.</p> <p>SLT supported by LAC and SUAT.</p> <p>Staff stress surveys completed and analysed – feedback given</p> <p>Staff consulted about what further support could be provided by SLT.</p> <p>Stress Risk Assessments completed at each academy and an action plan formulated and shared with the LAC.</p>	<p>Ongoing Staff Stress surveys completed November 24 and analysed (AB)</p>	
To work alongside Moorlands MHST to provide mental health strategies to support children and parents	AB and SLT	MHST tool kit	<p>AB and SLT to work with MHST team to deliver sessions to children.</p> <p>Good practise to be shared across the schools.</p>	<p>Initial meeting October</p>	



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