



Through humility, courage and devotion, we blossom and grow

Main Priorities <ul style="list-style-type: none"> • Mental Health and well-being curriculum through Vision and Values in order to support staff, parents and pupils • Appoint mental health leader and train in Thrive approach • Development of staff CPD • Increase the confidence and self-esteem of individuals identified and groups of pupils who may be affected by external factors • Develop the use of sports as a means for relaxation and healthy bodies/Healthy minds • Support groups for parents including workshop on anxiety 					
Priority: Mental Health and well-being post lockdown					
Actions:	Impact: What do you want to see? Success Criteria	Cost	Date	Specific actions and responsibility.	Monitoring
Ensure that mental health and wellbeing is incorporated into curriculum offer	Mental health at the forefront of the school for everyone. Developed understanding of why Mental Health and wellbeing are important.	Cost as required	Sept 2023	PSHE/SLT to write plan with input from Class teachers	LC SLT
Ensure that the vision and values of the school are incorporated into lessons where appropriate	Developed sense of belonging and being a part of the St. Mary's Family and Chiddingfold Community.	Nil	On going		LC SLT
To further embed policy for Mental Health and Well-being, using staff and child voice	There will be a consistent approach to mental Health and Well-being across the school Similar support mechanisms will be in place Everyone will be more aware for mental health and well-being and the importance of support and recognition post lockdown	Nil	Autumn 2023	HT with input from PSHE lead/ SENDCo and HSLW	LC SLT



Through humility, courage and devotion, we blossom and grow

To revisit vulnerability grid for whole school. Add Reception children and review all children on list	Tracking children who need Mental Health and Well-Being. Or those who may need further outside agency support.	Nil	Autumn 2023	SENDCo, ELSA and HSLW to review and update	LC SLT
To attend appropriate training for Mental Health and Well-being. To further develop training of Mental Health leader (HSLW)	<p>School staff are trained in delivering quality mental health support throughout the school.</p> <p>Training and supervision delivered by GST</p> <p>Resources are linked to the children and anxieties.</p> <p>Staff understand the main principles of supporting pupils with anxieties</p> <p>Staff know how to implement support for children and (adults) who are displaying mental health in a constructive and informed way.</p>	Nil	As training arises	<p>Record of training</p> <p>SENDCo and mental health worker</p>	LC
TA to attend ELSA training updates	ELSA's are ' Emotional Literacy Support Assistants '. They help children and young people	Nil	Termly	ELSA	LC SLT



Through humility, courage and devotion, we blossom and grow

	learn to understand their emotions and respect the feelings of those around them. They provide them with the time and space for pupils to think about their personal circumstances and how they manage them.				
To carry out the Daily Mile or 15 minutes of exercise per day.	Benefits to mental health through exercise and fresh air. Healthy minds and body supports the self-esteem of the children and adults.	Nil	On going	All staff to ensure that the daily mile or physical focus happens each day.	LW
To continue to use mindfulness/ positive mindset in school as part of relaxation techniques and coping mechanisms	Positive mindset and mindfulness used as part of PSHE Workshops booked for autumn 2023	Class teachers	On going	Part of PE and well-being offer	All staff

To develop the use of Worry boxes, How you are feeling today boards and worry monsters (ELSA room) across the school.	Children know that they can express their feeling privately if needed and class teachers and TAs can monitor the way children are feeling in the class without openly asking.	Nil	On going	All classes to have a means for children to communicate their feelings without discussion.	All staff.
Outdoor learning opportunities to continue	Develops resilience outside of the classroom. Developing self-esteem and confidence to explore learning through nature. Develop communication and expression in a natural environment.		On going	Lessons planned in advance. Risk assessments in place.	KB



Through humility, courage and devotion, we blossom and grow

Develop role of Play Leader at lunch times to lead games and support SEN and PP children to become involved with activities.	Develop a sense of belonging – Everyone Together and children to join in with activities with different children. This develops friendships and activities contribute towards self-esteem.	TA time Update resources	On going	Children monitored	CH
Children's Mental Health Week participation (February 2024).	https://schoolofkindness.org/childrens-mental-health-week-2023?gclid=Cj0KCQiAn4SeBhCwARIsANeF9DLG21Adtszg1tIjyPvUwWNRMRNPTMTpSWSsjnR_YoanTzN-YhlgkaAt5_EALw_wcB	Nil	On going	Make children and parents aware of week in advance.	EH LW HSLW SLT
All children to complete One page Profiles.	To further understand children and their likes and dislikes, who they are as an independent person. Value who they are. Support SEN and other vulnerable groups to discuss their lives.	Nil	On going	Reflect on One Page Profiles and level of need/support	CC
To access or know how to access different websites to support with the teaching	Websites on the school's own website – easy links.	Nil	Updated as necessary	ZB to upload	LC SLT



Through humility, courage and devotion, we blossom and grow

of mental health and to support the staff with their own wellbeing					
To review practices in Inclusion for IQM Award	SENDCo to attend network and training sessions from IQM	£1050	Autumn 2023	AR and SLT to continue CPD with IQM	AR