

## Mental Health and Emotional Wellbeing Action Plan 2021/22

**Focus:** early intervention, promoting students looking after their MHEW, prevention and management of emotions and developing resilience.

Area of development	Ideas of how to develop
Services available for students to access support	<ul style="list-style-type: none"> <li>- Weekly Mental Health Drop in sessions with two Mental Health Leads</li> <li>- Secure email address to communicate concerns</li> <li>- Student Services Wellbeing Advice – On Chailey Website – signposting to counselling/advice</li> <li>- Noticeboards around school signposting to support services in and outside of school</li> </ul>
Services available for parents to access support	<ul style="list-style-type: none"> <li>- Website signposting advice etc...</li> <li>- Information stall at Y6 parents' evening</li> <li>- Action Your Potential</li> <li>- A. Wright's 12 Rocks of Wellbeing</li> <li>- Anxiety Master Classes</li> </ul>
Data gathering – to identify key focus areas	<ul style="list-style-type: none"> <li>- Student survey in Computing lessons</li> <li>- Survey to identify parental concerns about their child's mental health</li> </ul>
<p><b>Changing the message</b></p> <p><b>Promotion of looking after students MHEW</b> – change of focus from being reactive to proactive and a <b>focus on early intervention</b></p>	<ul style="list-style-type: none"> <li>- sessions focusing on wellbeing delivered by Andrew Wright (Action your Potential)</li> </ul>
Promoting and developing resilience	<ul style="list-style-type: none"> <li>- Staff training – Whole staff training on Anxiety and the Brain</li> <li>- <b>Boing Boing / resilience matrix – how could this be used in the classroom?</b></li> <li>- <b>Look at resources on boing boing (resilient classroom) and where they can be used in the curriculum</b></li> <li>- <b>Look at cost of student workbook – smart move – could this be part of nurture provision?</b></li> <li>- <b>Look at resilience framework and areas in school for developing – keeping potions topped up</b></li> <li>- <b>Resilient pathway in Blackpool – can this be done in school</b></li> </ul>
Peer support and pupil voice	<ul style="list-style-type: none"> <li>- KS3 Worry Club</li> <li>- KS3 Student Mental Health Ambassador</li> <li>- Student diversity group to discuss mental health issues – run by Head Teacher</li> </ul>

PSHE / tutor time	<ul style="list-style-type: none"> <li>- PSHE SOW cross references with 12 rocks resources</li> </ul>
Supporting staff with vulnerable students incl. students with MHEW	<ul style="list-style-type: none"> <li>- Staff training – Whole staff training on Anxiety and the Brain</li> <li>- Staff drop in to discuss any concerns</li> <li>- Staff focus group for MHEW</li> <li>- Annual cycle of reflection (OFSTED)</li> <li>- CPD</li> </ul>
Interventions	<ul style="list-style-type: none"> <li>- Exam stress group – year 10 and year 11</li> <li>- Year 11 – drop in for exam stress advice starting before mocks</li> <li>- Year 7 nurture</li> </ul>
Staff wellbeing	<ul style="list-style-type: none"> <li>- Mentally healthy working world</li> <li>- “Where’s your head at?” campaign</li> <li>- Sharing information</li> </ul>
Participation in national awareness days/weeks	<ul style="list-style-type: none"> <li>- Mental Health Awareness Week - May</li> </ul>

Items highlighted in yellow have not yet been introduced.