

**Oldfleet Primary School Mental Health and Well-being Action Plan**  
**2023-2024**



Area of need	How will this be achieved?	Who by?	By when?	Evaluation - RAG
<b>School</b>				
Leadership plays a key role in ensuring staff's mental health and well-being is supported and given a high priority.	Supervision policy in Thrive schools. This aim of the policy will support staff to identify their wellness toolkits, triggers, signs of deteriorating mental health and how they will take accountability and action for their own mental health to support their well being.	JWh VMo EBu All Staff	Ongoing	WRAP completed with Teachers
The school has a clear mental health and well being policy that demonstrates an understanding of well-being, and how it is supported.	EBu to have a clear Mental Health and Well being policy on the school website and shared with staff.	EBu	Ongoing	Policy is on the Website. EBu to be aware of any new guidance
<b>Staff</b>				
Leadership plays a key role in identifying and coordinating CPD opportunities to ensure that individual staff and the school team as a whole have the skills required to support mental health and well being.	EB to attend half termly cluster meetings with MHL's across trust. Whole school to take part in HU9 Pilot Trauma Informed Practice by Time To Listen. Staff supervision through Time to Listen	All Staff	Ongoing	

**Oldfleet Primary School Mental Health and Well-being Action Plan**  
**2023-2024**

<p>Leadership plays a key role in identifying and coordinating CPD opportunities to ensure that individual staff and the school team as a whole have the skills required to support mental health and well being.</p>	<p>Enhance the staff room provision as a 'sanctuary' to promote mindfulness and staff well-being.</p>	<p>JW</p>	<p>Ongoing</p>	<p>Ongoing as we are redeveloping space.</p>
<p>Leadership plays a key role in identifying and coordinating CPD opportunities to ensure that individual staff and the school team as a whole have the skills required to support mental health and well being.</p>	<p>Staff to complete their own WRAP (Wellness Recovery Action Plan) checklist and share with colleagues to support staff well-being.</p>	<p>EB JW</p>	<p>Ongoing</p>	<p>WRAP completed with Teachers</p>
<p>Leadership plays a key role in identifying and coordinating CPD opportunities to ensure that individual staff and the school team as a whole have the skills required to support mental health and well being.</p>	<p>Staff to complete 'Mental wellbeing in children and young people', Mindfulness in the classroom' courses on TES Develop.</p>	<p>EB VM All staff</p>		<p>ongoing</p>

**Oldfleet Primary School Mental Health and Well-being Action Plan**  
**2023-2024**

<b>Parents</b>				
Wellbeing section on the school website Further understanding of what support is available from other services in relation to mental health	Update the website regularly to be able to access who can provide support around mental health and what support can be made available to your school for pupils, parents / carers and staff.	HJa JWh VMo EBu	Ongoing	
The school has evidence that they welcome parents/carers and they are included and supported in the school community	EB organises a weekly parent coffee morning (Fri am) with the SENCo to give parents some mental health and well-being advice and strategies. Promote the event to parents using flyers, Twitter, Teachers2 Parents text messaging system. Weekly Pop-up events from outside agencies. <b>Community room pending.</b>	EB VM SN SENCo	Ongoing	New School Nurse started Spring 1
<b>Pupils</b>				
The school has a school council which has a regular mental health and well being agenda.	EB appointed Wellbeing Ambassadors additional to the Junior leadership team, discuss how they can promote mental health and well being in their classes and across school and have a clear action plan of how this will be completed.	EB Junior Leadership team Liaise with JW for support	Ongoing	
The school provides clear and consistent information about the opportunities available for children/young people to discuss their personal issues and emotional concerns.	Worry box established and promoted across the school. Zones of regulation visible and in use daily in all classrooms. Jigsaw PSHE sessions delivered weekly in classrooms. Treehouse is our calm, safe space children like to use as their own for conversations with a trusted adult. Barney the Pet as Therapy dog now started sessions.	EB	Ongoing	

**Oldfleet Primary School Mental Health and Well-being Action Plan**  
**2023-2024**