



Action Plan - Resilience and Mental Health at Welsh House Farm Community School and Resource Base.

Academic year 2023/24

		When	Who	Success Criteria	Resources	RAG
Important Notes:	<p>Many of the objectives/actions below are on in annual cycle and we have been completing them successfully for the past 2 years.</p> <p>New objectives are also added to improve our provision further.</p> <p>We re-set our rag rating every year to ensure all actions are carried out effectively every academic year.</p>					
	Actions					
Students	<ol style="list-style-type: none"> To use the All about me sheets to track all pupils and Pupils to complete well-being questionnaires To provide access to a trained therapist To provide 1-1 or group sessions where necessary. Assemblies held to promote positive mental health and well-being. Mental Health Day 10th October 2023 Whole school focus 	<p>Oct 2023</p> <p>Sept 2023</p> <p>Sept 2023</p> <p>Feb 24</p> <p>Oct 2023</p>	<p>All staff</p> <p>WS</p> <p>WS</p> <p>WS</p> <p>WS / all staff</p>	<p>Pupils will feel they have been given the opportunity to be listened too and supported.</p> <p>Children's mental health week 5-11th Feb 2024</p> <p>Pupils will become familiar with the promotion of positive mental health and gain an understanding in how to help themselves and others.</p>	<p>WS in school 3 days a week</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p>

	6. To provide worry boxes for all classes with a lesson on purpose and examples of what they might use it for, including modelling generally problem-solving skills. Box to be checked by TA daily.	Sept 2023	All staff	Pupils will be using the boxes to share their worries. Pupils will articulate how using the box has helped their well-being and problem-solving skills Pupils and staff report that students are beginning to regulate their emotions and understand 'calm'		5
	7. PSHE medium term plans and weekly PSHE planning will include mindfulness activities School Ambassador Roles.	Sept/Oct 2023	VM/WS			6
						7
Vulnerability Identification	8. Pupils identified during the CAR meetings to be Offered 1-1 sessions to safeguard their mental health.	Half termly	RF, JE, WS BJ	Pupils will feel supported and incidents of disrupted behavior will lessen. Pupils articulate that they now have a safe space where they can go at times of overwhelm or feeling unsafe		8
	9. A safe space to be made available, vulnerable pupils to be given a purple laminated heart, to be used as a 'get out now' card.	Sept 2023	All Staff			9
Leadership and Whole School	10. Key staff to undertake the Mental Health First Aid training	On going	RF, WS, BJ	Staff will feel that they have someone to speak too. Staff will have attended training sessions.		10
	11. All staff to attend an information session around the Mental Health First Aid Training	Oct 23	All staff			11
			JE, RF, WS			12

	12. Clear processes for early identification across the school , using the Well Being Pathway 13. Clear processes for referral and support		As above			13
Staff Well-being	14. HT to have an open door policy for staff to discuss issues having an effect on wellbeing - such as workload, health issues, childcare, dilemmas. – Look for solutions together.	Ongoing	SLT	Staff will feel supported and be able to report reduced stress levels.	Raffle prizes to be purchased/sought	14
	15. Staff to complete a well-being questionnaire.	Oct 23	SLT WS SLT	Staff to be listened to and supported to minimize barriers.	School subscription to a work placed counselling service.	15
	16. Staff raffle to be held termly	Half termly	SLT	The ethos of the school will be that of supporting staff's well-being.		16
	17. Worry Box available for staff		Phase leaders			17
	18. Access to professional counsellors to be made available	All year	WS	To minimize stress of staff if food/items are forgotten, or needed urgently.	Items to be purchased and replenished.	18
	19. SLT to take over classes ½ day a term					19
	20. Every member of staff to get a ½ day Well Being Break. Phases to work together to sort cover.	Dec 23				20
	21. Lunch/snack box to be put in the staffroom for staff that forget lunch.	Sept 23				21
	22. Hygiene and cleanliness products to be placed in all toilets.	Sept 23				22
	23. Menopause Policy to be implemented	Oct 23				23
Additional Notes or priorities	Be aware of parents Mental Health and signpost to relevant services					