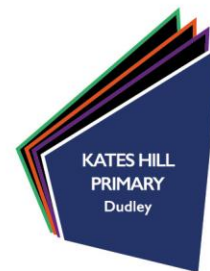


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Headteacher: Mrs L Woodhouse



Strategic Plan for Mental Health and Wellbeing

Our Vision

At Kates Hill Primary School, we are deeply committed to the wellbeing of our children, staff and parents. As part of this commitment, we believe that fostering a healthy, nurturing environment that actively supports mental health is essential for our school community. We place just as much value on wellbeing as we do on academic achievement, with the hope that our community feels safe and supported enough to fully engage in everything we do, nurturing a love for learning and a curiosity for knowledge.

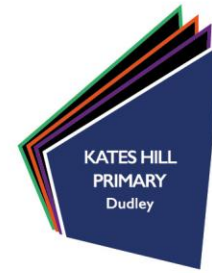
This year, we are working to earn the Wellbeing Award for our school. This award recognises our efforts to promote and protect emotional wellbeing and mental health education within our community. It will help us build on the solid practices we've already established while also exploring new ways to integrate this ethos more deeply throughout our school and involve all stakeholders.

Achieving this award will reinforce our commitment to:

- Integrating mental health awareness into everyday school life
- Enhancing the emotional well-being of our pupils, families, staff, and the wider school community
- Identifying mental health challenges early and providing the right support
- Training staff to better understand mental health issues, enabling us to support our community more effectively
- Offering interventions and provisions that meet the needs of both our pupils and staff
- Raising awareness of the importance of mental health
- Actively gathering feedback from parents, pupils, and staff on mental health matters



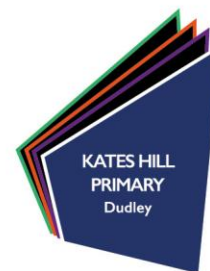
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Key Priorities of our school

- Commit to promoting mental health as part of school life
- Improve the emotional wellbeing of our staff and pupils
- Ensure mental health problems are identified early and appropriate support provided. Offer provision and interventions that matches the needs of its pupils and staff
- Engage the whole school community in the importance of mental health awareness





	What will we do?
Commit to promoting mental health as part of school life.	<ul style="list-style-type: none"> • Develop children’s understanding of what wellbeing is through our Mental health awareness weeks and days, our PSHE curriculum, ‘Sing Up’ • Form a Pupil Wellbeing Team. (Ideas - work on designing a Quiet Wellbeing area in the playground. Plan and organise a Sparkle & Shine Week, Yellow Day and raise funds for wellbeing.) • To promote mental health and wellbeing through activities such as yoga and forest school.
Improve the emotional wellbeing of our staff and pupils.	<ul style="list-style-type: none"> • Teach our pupils specific interventions, for example, breathing techniques so that they can choose to regulate their thoughts and feelings • Take actions based on staff surveys • Wellbeing initiatives in place to continue
Ensure mental health problems are identified early and appropriate support provided. Offer provision and interventions that matches the needs of its pupils and staff.	<ul style="list-style-type: none"> • Training on emotional wellbeing and building resilience • Training on trauma and attachment disorder • Training for mental health first aiders • Training for mental health lead • Encourage staff to recognise those children who need SEMH support and then to complete a referral for the Aspire provision or a Hamish and Milo intervention
Engage the whole school community in the importance of mental health awareness.	<ul style="list-style-type: none"> • Develop a wellbeing calendar with a range of support for both parents and activities for children to do at home as a family. • Develop a section on the website to support metal health and wellbeing • Provide a section on the newsletters to support wellbeing • Work with the school nurse, local doctors and PCSO who may support families with mental health and wellbeing • Children to take part in ‘Postcards of Kindness’ to support those more vulnerable, for example, care homes https://www.ageuk.org.uk/discover/2019/october/postcards-of-kindness/

