



Heswall Primary School Mental Health and Well-being Action Plan 2021–2025

The combination of pastoral care and quality of teaching at Heswall Primary School creates an environment that enables our children to thrive. Pupils show tolerance and understanding of others. They have a wide range of opportunities to understand the importance of good mental health and well-being – for example explicit teaching through our PSHE and SMSC curriculum but this is reinforced consistently through the supportive, positive ethos of the school. We know that our children feel safe and secure, they know what adults will listen to them and they are valued. The World Health Organisation defines mental health as *"a state of wellbeing in which every individual achieves their potential, copes with the normal stresses of life, works productively and fruitfully, and is able to make a contribution to their community"*. Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act.

Good mental health helps children:

- * Learn and explore the world
- * feel, express and manage a range of positive and negative emotions
- * form and maintain good relationships with others
- * cope with, and manage change and uncertainty
- * develop and thrive.

Building strong mental health early in life can help children build their self-esteem, learn to settle themselves and engage positively with their education. This, in turn, can lead to improved academic attainment, enhanced future employment opportunities and positive life choices. In line with local and national agendas, we aim to further develop our whole school approaches to Mental Health and Wellbeing thus providing opportunities for children, and the adults surrounding them, to develop the strengths and coping skills that underpin resilience. We are a school that can help our pupils (and staff) flourish and succeed.

	Actions	Leadership	Support	Impact. What do we want to see? Success Criteria	Completion Date
1.	Leading change				
	<p>Ensuring there is a robust mental health and wellbeing policy that demonstrates commitment in the development and improvement of Mental Health and Wellbeing of children, and staff at Heswall Primary School.</p> <p>To demonstrate commitment in the development plan.</p> <p>Signpost information for governors, staff, pupils, parents and carers.</p>	<p>Mental Health Gov. NM</p> <p>SLT, Gov. NM</p> <p>SLT,NM</p>		<p>Recognition of Mental Health and Well-being and its implications on growth and development. That mental health is a crucial factor in overall wellbeing. Open conversations and lack of stigma.</p> <p>Mental health at the forefront of the school for everyone</p> <p>Developed understanding of why Mental Health and Wellbeing are important.</p>	<p>September 2021</p> <p>Ongoing.</p>

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2.	Working Together				
	<p>Establish a Mental Health Action Group including pupils, staff, parents and carers in decision making.</p> <p>To provide information to parents regarding the MHWB agenda, where they can seek support, guidance and advice if they have concerns about their children:</p> <ul style="list-style-type: none"> * Parent questionnaire around children's MHWB to be given at parents' evening - feedback analysed * To develop MHWB section on website to include advice and guidance for families - signposting to support both in school and externally <p>To investigate how external agencies and or charities may be able to support our work around MHWB for example visits, lessons, assemblies, and specialist lessons.</p>	<p>JL</p> <p>JL</p> <p>JL</p> <p>NM,JL</p> <p>JL,PSHE Lead, SENCO, NM</p>	<p>NM</p> <p>NM</p>	<p>Pupils from across all year groups. Parents and carers that represent a range of year groups. Staff - a mix of teaching and non-teaching staff. School governor who is responsible for mental health and wellbeing</p> <p>Open Door policy</p> <p>Electronic questionnaire—feedback to staff and parents with results</p> <p>ELSA Well-being section of Website continually updated with current news and support. Links to support groups and self help groups.</p>	

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3.	Understanding Need				
	To use pupil questionnaire and pupil voice to ascertain a baseline for current levels of pupil understanding of MH and WB. Information to be used to prioritise areas for curriculum planning and development.	JL	NM		
	Develop and measure interventions	JL			
	To provide training and development opportunities for governors and staff members to increase awareness of the impact of MHWB on pupil outcomes.	JL, PSHE Lead	NM		
	Continue development of staff with responsibilities for mental health and wellbeing	JL, SLT, GOV	NM		

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4.	Promoting Wellbeing				
	<p>Establish a Peer support Programme in school</p> <p>Continue to integrate mental health and wellbeing across curriculum and culture.</p> <p>To develop and embed 'Growth Mindset' approaches to enable pupils to become resilient and confident learners:</p> <ul style="list-style-type: none"> * Staff training * information for parents - meeting/workshop * Language of growth Mindset approaches explicit throughout school <p>To provide regular opportunities for pupils to learn self-help strategies to reduce anxiety, aggression and improve well-being for example breathing exercises, relaxation, yoga.</p>	<p>NM</p> <p>ALL</p> <p>JL</p> <p>NM</p>	<p>FL</p> <p>All Staff</p> <p>All Staff. SENCO</p>	<p>Posters promoting Growth Mindset</p> <p>Mindfulness in each classroom—calming meditations music. Self help cards giving strategies and techniques on breathing and self regulation.</p> <p>ELSA Drop-in, Once a week.</p>	Ongoing

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5.	Supporting Staff				
	Continued development of confidential annual staff wellbeing survey.	JL, Gov			
	The promotion of staff mental health and wellbeing..	NM	All Staff	Open door policy	Ongoing
	Ensuring support structures are clearly identified and signposted	NM	Teachers/TS's	Staff room notice board kept updated with information on support groups, helpful phone numbers and useful contacts.	