



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

Academic year 2019/20

		When	Who	Success Criteria	Resources	RAG
<b>Notes:</b>						
	<b>Actions</b>					
<b>Students</b>	1. To use the All about me sheets to track all pupils	July 19	All staff	Pupils will feel they have been given the opportunity to be listened too and supported.	WS in school 2 days a week	1
	2. To provide access to a trained counsellor	Sept 2019	WS			2
	3. To provide 1-1 or group sessions where necessary	Sept 2019	WS			3
	4. Assemblies held to promote positive mental health and well-being.	On going	All staff	Pupils will become familiar with the promotion of positive mental health and gain an understanding in how to help themselves and others.	Worry boxes Cost TBC	4
	5. Mental Health Day 10 <sup>th</sup> October 2019, whole school focus	Oct 2019	WS / all staff			5
	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 check by TA daily.	Sept 2019	All staff			6

	7. PSHE medium term plans and weekly PSHE planning will include mindfulness activities Peer Mediator roles			Pupils and staff report that students are beginning to regulate their emotions and understand 'calm'		7
<b>Vulnerability Identification</b>	8. Pupils identified during the CAR meetings to be Offered 1-1 sessions to safeguard their mental health. 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.	Half termly	LH, RF, JE, WS BJ	Pupils will feel supported and incidents of disrupted behavior will lessen.		8
		Sept 20	All Staff	Pupils articulate that they now have a safe space where they can go at times of overwhelm or feeling unsafe		9
<b>Leadership and Whole School</b>	10. Key staff to undertake the Mental Health First Aid training 11. All staff to attend an information session around the Mental Health First Aid Training 12. Clear processes for early identification across the school , using the Well Being Pathway 13. Clear processes for referral and support	On going	CT, RF, WS, BJ All staff  LH, JE, RF, WS As above	Staff will feel that they have someone to speak too. Staff will have attended training sessions.		10
						11
						12
						13
<b>Staff Well-being</b>	14. Staff to complete a well-being questionnaire. 15. Regular staff well-being staff meetings to be held	Sept 19	SLT SLT	Staff will feel supported and be able to report reduced stress levels.	Well-Being workshops	14
		Half termly All year	SLT			15

	16. Staff to be consulted on well-being activities for staff 17. Supervision for key staff. 18. Access to professional counsellors to be made available		SLT		Yoga, relaxations and mindfulness	16
			MHDSL			17
						School subscription to a work placed counselling service.
Additional Notes or priorities	Be aware of parents Mental Health and signpost to relevant services					