



Mental Health and Wellbeing Action Plan
2022/23

Objective	Who?	Resources	Success Criteria and Impact	Time Frame	Progress against objective
To complete the wellbeing charter staff survey produced by SUAT.	All staff	SUAT survey	<ul style="list-style-type: none"> Surveys completed and analysed – use these to inform next steps 	End of November 2022	
To provide information to parents on Mental Health and Wellbeing support by continuing to update the websites with advice and guidance for families – signposting to support both in school and externally.	AB / EM / RW/NG	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC	Positive parental feedback regarding MHWB support. Website links are being used and are supporting families. Parents are happy with the communication between school and home.	Ongoing	
To involve our Local Academy Council in mental health actions	AB / EM / RW/NG		LAC are fully informed about actions and strategies in each academy for pupils and staff. They are knowledgeable about the Trust focus on staff wellbeing and the involvement in the Wellbeing Charter.	Ongoing throughout the year	
To complete pupil voice on mental health	AB/NG/EM	Write pupil voice questions to ascertain what children know is available, how they feel and	Pupil voice completed, responses analysed and next steps planned	End of March 2023	



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		what they would like in place to support them.			
To provide health and wellbeing activities to promote and sustain the mental health of our pupils.	All staff and led by RW, AB, NG, EM	Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC Mindfulness books and activities Prayer Spaces and worship leader activities in classrooms Care Home project St Giles Hospice Jordan – Christian Youth Worker Amy Hatfield – children’s counsellor	<ul style="list-style-type: none"> • Pupils talk openly about their fears and worries. • Many opportunities for pupils to talk about their feelings and emotions are provided. • Pupils are happy and comfortable both in school and at home. • Community links are strong and activities contribute to the personal development of all our pupils. • Pupils use the spaces and activities respectfully. • Pupil voice evidences the value and impact of the resources used. 	Ongoing	
To support staff Mental Health and Wellbeing		Relax Kids (staff toolkit) Mentally Healthy Schools Action for Happiness Mind https://bemindful.co.uk/ SCC Mind Kind	Staff are making use of the support links available and are having a positive impact. Communication is ongoing between SLT and staff and they feel supported. SLT supported by LAC and SUAT.	Ongoing	



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			Staff consulted about what further support could be provided by SLT. Stress Risk Assessments completed at each academy and an action plan formulated and shared with the LAC.		
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