

# Roydon School Strategic Mental Health Plan

## Academic years 2023/2024 – 2024/2025



	Action	When	Who	Success criteria	Resources	Monitoring Who? How?
Leadership and management	All staff to receive training on mental health to develop a common approach and language. Training will include factors that affect mental health, recognising the signs of mental health, knowing how to support children and staff with difficulties.	Feb 2024	SMHL	Staff can articulate what resilience and mental health is and will use their understanding to spot the signs of mental health difficulties and know how to deal with it.	Twilight/INSET time	SMHL and governors
	Create an action group of staff to support with the leading of Mental Health in the school.	Nov 2023	SMHL Staff who have volunteered	The action group will have designated roles and know the objectives.	Time	SMHL
Ethos and Environment	Create a display board in the staff room for staff to refer to for well being support.	Sept 2023	Member of action group	Staff can refer to the board for support, positive affirmations and social get togethers.	Time	SMHL
	Create a display board in school for children to refer to.	Sept 2023	SMHL	Children can refer to display board when needed.		
	Regular assemblies about mental health awareness and well-being, include “Mental Health Awareness Month” in May.	Jan 2024	HT, AH, and Class Teachers	All children know that mental health is important; they can describe ways to promote their own mental health and wellbeing.		SMHL to attend assembly at different times
	Create a “Lonely Bus Stop” – a bus-stop for children to stand at if they have no-one to play with at playtimes. Have a team of volunteers who will go to children at the bus stop.	Oct 2023	SMHL to organise a team of volunteers from across KS2	Children feel supported if they don’t have anyone to play with.	A sign post saying “Lonely Bus Stop”.	Teachers/TAs on duty. Feedback observations to class teachers

Curriculum and PSHE	Ensure new KAPOW PSHE long term plans include mental health lessons for all age groups every term, e.g. physical well-being and mental health, including getting enough sleep.	Sept. 2023	Teachers/ HLTAs review plans in teams.	Lessons are taught with up-to-date, current knowledge relevant to school context. Pupils can discuss factors that influence sleep and describe a good routine for bedtime.	PSHE lead management time	PSHE team to monitor plans and carry out lessons observations, discussions with children.
	All staff to read the PSHE Association's guide to teaching mental health correctly.	Sept 2023	Teachers HLTAS	Staff are confident when teaching about mental health and know what to say and what not to.		
Identifying need and monitoring impact	All children to be screened half termly using the 3 houses (whole class lesson) to see if there are concerns or anxieties.	June 2024	Teachers	3 Houses will inform a pyramid of need. Intervention sessions will be given by ZF to vulnerable children who require support. CBT training for parents from CD, AJ or SA  CPOMS records will show action is being taken to address emotional needs. Students' screening information is informing the pyramid of need and is included on CPOMS Support from prevention activities is tracked and monitored every 6 weeks.	Class time  Intervention time for ZF, CD, AJ	SMHL
	Use the 8-point model to support our mental health ethos in school.	Sept. 2023	Action Group	Areas of weakness addressed and added to the strategic plan if required.	Time	SMHL
Targeted support and appropriate referrals	PSHE Team will find out what support services are available locally. Compile a list, collect leaflets, posters, etc.	Oct - Nov 2023	PSHE team	SL for MH and the PSHE team have an improved understanding of local MH services and begun to develop a relationship with local providers	Time to investigate resources available	SMHL and SLT

Working with parents/ carers	PSHE team to set up table and be available at parents' evening or other school events to discuss school's approach to mental health and talk about any MH challenges	Jan/Feb 2023	Action group	Parents who visited the table can articulate a greater understanding of the school's approach to mental health and well-being	Action group	SL MH
	Leave leaflets in the foyer of the school about support groups, etc. for parents to collect as they need.	Nov 2023	Action Group	Parents who pop into the main office will have access to this when they need.	Action group	
	Offering Parent-led CBT for children suffering with anxiety. 'Working With Worries.'	Sept 2023	AJ, SA, CD	Professionals will be working with 1 adult per half term either face to face or using OSI. 3 weekly supervision meetings for staff involved by the WOW team.	AJ, SA, CD	SMHL
	Monthly newsletter about what is going on in school to support mental health to begin to remove some of the stigma.	Sept 2023	SMHL	Monthly newsletters	Time	SMHL
	Parent forum/support group.	Half termly	Action Group	Coffee morning with flyers, suggested games to play with their children	Time	SMHL
Staff Development	Conduct a survey about work load and well-being in school. Report to SLT.	March 2024	Someone from SLT	Staff speak positively about improvements in work-related well-being and the actions taken from SLT to improve this.	SLT and staff cover	SMHL and HT
	SLT to facilitate the delivery of a training session for all staff to understand more about how they can thrive in a stressful work environment.	April 2024	SMHL	Staff with have received training and this will be evident in their practice.	Cost for external speaker	
	Mental Health first aid training for the Action Group.	Summer 2024	SMHL		Cost for training	

Student voice	A member of staff or governor to conduct a small pupil conference about wellbeing in the school.	November 2023 May 2024	staff or governor	Significant gaps will be identified and addressed 'You said-we did'	children out of class and staff or governor available	Governing Body and SMHL
	Questionnaires to children about their understanding and feelings around mental health.	March 2024	staff or governor	Significant gaps will be identified and addressed 'You said-we did'		
	Year 5 and 6 children present assemblies to the rest of the school on the theme of <b>resilience, anti-bullying, low mood...</b> Anti-bullying week 13 <sup>th</sup> Nov 23 Children's Mental Health week 13 <sup>th</sup> Feb '24 Mental health week May 24	Oct 2023	SMHL and Year 6 /5 teachers	Greater awareness of mental health and how to get support from the themes covered. Pupils articulate and begin to use coping strategies.	Student leadership lead and student time	SMHL/pupil leadership group/board
	Student Group to be our mental health ambassadors in Year 6.	January 2023	Staff action group/ SMHL	Children will have knowledge about mental health and how they can support their peers. Lead assemblies, friendship buddies.	lunchtime meetings with SMHL	SMHL
	PSHE team to talk to a randomly selected group of pupils each half term asking questions about MH in school. There is feedback to all pupils about what changes have been made as a result.		PSHE Team	Pupils and staff have a good understanding of the challenges and subsequent actions which have been taken. 'You said-we did.'		