

Subject Specific Action Plan	2023 - 2024	The Village Saints Partnership		
Subject: Mental Health and Wellbeing		Leader: F Lambert		
Priority One: Both schools deliver a quality of education that is consistently at least good.	Action(s):	Timeline	Impact & next steps	
To use 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. This will enable us to plan effectively for prevention and change – e.g. identify those pupils who may need targeted support.	Autumn 2 Pupil voice with children from all year groups.		
To track / screen classes to ascertain how many potential pupils need support and get an early indication of how much support they might need. Plan strategic days to highlight MH (e.g. Children's Mental Health Day).	- Use assessment sheets to establish baselines for need across the school with pupils that may need extra support e.g. ELSA. - Plan strategic days to highlight MH (e.g. Children's Mental Health Day).	Autumn 1 – Teachers to assess need for specific support e.g. ELSA – continued throughout the year as need arises. Children's Mental Health week – 5 -11 th February.		
Priority Two: All pupils consistently have highly positive attitudes and commitment to their education and are highly motivated and persistent in the face of difficulties, including those with additional needs.	Action(s):	Timeline	Impact & next steps	
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.	Mindfulness promoted during weekly PSHE lessons – teachers to be encouraged to extend this to other times throughout the day.	New PSHE curriculum introduced Autumn 1 and throughout the year.		

	We will use high quality children's books to teach aspects of mental health – e.g. Ruby's Worry, Black Dog, The Way I Feel etc.		
Priority Three: CPD: subject leader & other staff/ parents	Action(s):	Timeline	Impact & next steps
Mental Health first aiders renew their skills every 3 years.	SL to look at all mental health first aiders and find refresher courses for those needing an update.	Autumn 2	
Focus on Physical Experiences so that good mental health and wellbeing will follow by intent/implication.	- Provide 'Wellbeing' afternoons for staff (Christmas). - Wellbeing and workload on briefing notes each week – SL to look into staff wellbeing opportunities.	Wellbeing afternoons during autumn 2.	
Enrichment Opportunities (to include cross curricular opportunities and global theme)	Action(s):	Timeline	Impact & next steps
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.	SL to look into external agencies visiting the school for assemblies or for lesson visits.	Throughout the school year.	
Establish a Peer support Programme in school	SL to look into training some pupils from KS2 to be mental health champions within the school.	Training to be carried out in spring if available.	
SEN focus – adaptations in your subject	Action(s):	Timeline	Impact & next steps
	Outcomes / Review (to be completed at the end of the term)		
Autumn			
Later This Year		Next Year	