



Mental Health and Wellbeing Action Plan
Covid-19 March 2020

Objective	Who?	Resources	Success Criteria and Impact	Progress against objective
<p>To provide nurture and emotional support to all pupils, including those who are in school and those who remain at home.</p>	<p>All staff and led by RW, AB, NG, EM</p>	<p>Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC Mindfulness books and activities</p>	<p>Pupils talk openly about their fears and worries. Strategies that are in place are providing opportunities for pupils to talk about their feelings and emotions. Pupils are happy and comfortable both in school and at home. Teachers are aware of pupils' feelings both in and out of school due to successful communication links.</p>	
<ul style="list-style-type: none"> • To provide information to parents on Mental Health and Wellbeing support during the COVID-19 outbreak. • Continue to update the websites with advice and guidance for families – signposting to support both in school and externally. 		<p>Relax Kids Mentally Healthy Schools Action for Happiness Mind NSPCC</p>	<p>Positive parental feedback from pupils both in school and at home regarding MHWB support. Packs and links are being used and are supporting families. Parents are happy with the communication between school and home. Home learning and MHWB links are supporting all families.</p>	



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<p>To support staff Mental Health and Wellbeing and reduce anxieties relating to COVID-19 and returning to school.</p>		<p>Relax Kids (staff toolkit) Mentally Healthy Schools Action for Happiness Mind https://bemindful.co.uk/ SCC Mind Kind</p>	<p>Staff anxiety levels have reduced and they feel more comfortable about the new way of working. 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.</p>	
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