



## Wellbeing Award for Schools

### Strategy

As a result of analysing the staff, parent and pupil surveys for the Wellbeing Award for Schools, the review team have put forward these ideas about practical ways in which we can support the emotional health and wellbeing of everyone at St George's.

We aim to achieve the targets we have set ourselves in the next few months, hoping to complete the award before Easter 2024. We meet as a review team regularly.

This strategy is a working document, where many objectives will be ongoing. Some will be long term objectives which may take a significant amount of time to complete.

### Objective 2

**The school has a clear vision and strategy for promoting and protecting emotional wellbeing and mental health**

<u>Objective</u>	<u>Gap in provision at the beginning of the process</u>	<u>What we could do</u>	<u>Date completed</u>
Relevant school policies updated to include mental health and wellbeing	Check all are up to date	<ul style="list-style-type: none"> <li>Look at all relevant policies(including PSHE)</li> <li>Update them</li> <li>NEED TO CHECK all policies mention EHWB</li> <li>Soft start to terms</li> <li>Worry boxes</li> <li>Celebration boxes?</li> </ul>	26/11/2023 26/11/2023
Are we aware of current risk factors to children's emotional wellbeing?	We have not reviewed this recently.	<ul style="list-style-type: none"> <li>Do risk analysis</li> <li>Identify high risk areas</li> <li>Add into strategy ( see below)</li> </ul>	16/11/2023 16/11/2023 16/11/2023
To improve the children's opportunities for jobs	Careers education could be	<ul style="list-style-type: none"> <li>Include careers education in PSHE curriculum</li> </ul>	New PSHEE curriculum introduced Sep 2023

(From the risk analysis)	developed further.	<ul style="list-style-type: none"> <li>Bring guest speakers in from local community to raise aspirations</li> <li>Career days – high aspirations</li> </ul>	Booked in 14/03/24
To improve children's self esteem (From risk analysis)	Many of our children struggle with their self esteem	<ul style="list-style-type: none"> <li>Staff training on how to build children's self esteem</li> <li>Affirmations work</li> </ul>	Theme for mental health week in Feb
To ensure all children can communicate their emotions (focus on non-verbal/SEND (from risk analysis and pupil voice))		<ul style="list-style-type: none"> <li>PSHE curriculum</li> <li>Makaton training for EYFS staff lanyard picture cues</li> <li>Objects of reference</li> <li>Add an 'ok' face if wanted by children</li> <li>Wellbeing ambassadors to be available</li> <li>Elsa</li> <li>Draw and talk</li> <li>Check ins</li> <li>Emotion boards</li> </ul>	<p>Changed in summer term 2023</p> <p>3/9/23</p> <p>3/9/23</p> <p>3/9/23</p> <p>Set up and running September 2023</p>

### Objective 3

The school has a positive culture which regards emotional wellbeing and mental health as a responsibility of all.

<u>Objective</u>	<u>Gap in provision</u>	<u>What we could do</u>	<u>Date completed</u>
Maintain awareness	Do we make the direct	<ul style="list-style-type: none"> <li>Website half termly for parents</li> </ul>	Abbi and Holly and Bec to check

<p>across whole school community of EHWB, including on academic performance (From children's surveys/pupil voice)</p>	<p>links? Can we signpost better?</p>	<ul style="list-style-type: none"> <li>• Updated fortnightly</li> <li>• Increase amount of assemblies on EHWB</li> <li>• Links there for parents to click on</li> <li>• Beam etc</li> <li>• Facebook</li> <li>• Newsletter every half term</li> <li>• EHWB days and events</li> <li>• Staff meeting – RM to share with staff</li> <li>• Track children who have accessed support with academic progress (long term)</li> </ul>	<p>Booked more in for Spring term 2024 and regular updates once per half term.</p>

**Objective 5**

**The school prioritises professional learning and staff development on emotional wellbeing and mental health**

Objective	Gap in provision	What we could do	Date completed
<p>Train staff on mental health and emotional wellbeing</p> <p>Teachers to have more understanding of children with sensitive SEN (parent survey)</p> <p>More training for staff (from staff survey)</p>	<p>Staff due for more MHWB training</p> <p>SEN awareness</p>	<ul style="list-style-type: none"> <li>• ELSA training meetings</li> <li>• RM to complete lead mental health course</li> <li>• Staff attend future in mind courses</li> <li>• Staff training on EHWB to be appropriate, sustainable and widespread</li> </ul>	<p>Ongoing</p> <p>Due to complete in summer 24</p> <p>AJ/RM/HE attend regularly.</p> <p>Samaritans in to train staff early 2024 PODS training in the new year.</p>

<p>To reduce the impact of domestic abuse and family breakdowns on our children's and staff emotional health and wellbeing. (From risk analysis)</p>	<p>We are kind and supportive to our children. More precision and skill would make this even better</p>	<ul style="list-style-type: none"> <li>• RM to look at further training on signs of domestic abuse for all staff</li> <li>• KW has been trained on domestic abuse</li> <li>• Revise teaching of relationships to include domestic abuse in PSHE</li> <li>• Lessons on awareness of domestic abuse through healthy relationships</li> </ul>	<p>February 2023</p> <p>New curriculum checked: 30/11/23</p>
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## Objective 6

### The school provides the whole school community with support in mental health and wellbeing

Objective	Gaps in provision	What we could do	Date completed
<p>Provide more nurture/support children need at lunchtimes (brought up by children's voice).</p>	<p>This has been set up for years. Can we do better?</p>	<ul style="list-style-type: none"> <li>• Green lunch</li> <li>• PSHE lessons – identifying moods and emotions</li> <li>• Happy lunchtimes training</li> <li>• Chess club</li> <li>• Peer mentors</li> <li>• Choir and singing club</li> <li>• Rugby and reading lunchtime club</li> <li>• Structure of the provision and how we support the children</li> <li>• Run a specific EHW club 'Come and cope' run by ambassadors and champions</li> </ul>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>See HE, RM and AJ</p> <p>Set up ready for Jan 24 start</p>

<p>Evaluate provision of and provide support for staff, pupils and parents</p>		<ul style="list-style-type: none"> <li>• Training staff on mental health issues</li> <li>• Provision of Rock Steady music lessons for children's EHWB</li> <li>• Revise curriculum to embrace emotional health and wellbeing</li> <li>• Wellbeing champions</li> <li>• Listening to pupils – school council and wellbeing ambassadors</li> <li>• Safety guardians</li> <li>• Reinstate quiet area as a calm space – no running.</li> <li>• Set up an area for children to come and read books relevant to their feelings/events. Emotional Literacy Library</li> <li>• Quiet Garden – reinvigorate!</li> <li>• Range of extra curricular clubs for children to access</li> </ul>	<p>Samaritans due into school in new year 2024 Starts Jan 24</p> <p>Champions and ambassadors up and running Dec 23</p> <p>Set up and ready to start in Jan 24</p> <p>Meet regularly</p> <p>Area outside Abbi and Holly's office September 23</p> <p>Each term new clubs are available</p>
<p>Identify and support pupils and staff with mental health difficulties</p>	<p>Already strong at this</p>	<ul style="list-style-type: none"> <li>• PD day for ALL staff</li> <li>• Ensure staff are familiar with signs of children who are experiencing poor emotional health</li> </ul>	<p>Shonette in January 8<sup>th</sup> 2024</p> <p>Samaritans due into school in new year 2024 to work with staff on improving children's EHWB</p>

Signpost support	Children to be aware help is always there for them	<ul style="list-style-type: none"> <li>• Worry boxes</li> <li>• Emotionboards displays</li> <li>• Wellbeing noticeboards for children</li> <li>• Toilets with signposting for help</li> <li>• Staff wellbeing noticeboard in staffroom</li> <li>• Teach more on resilience. Team building, army days.</li> <li>• Posters around school promoting mental health</li> </ul>	<p>16.01.24 Ongoing</p> <p>RH and GH and LN to set up September 2023</p> <p>September 2023</p>
Provide a calm space		<ul style="list-style-type: none"> <li>• Wellbeing room</li> </ul>	Up and running sept '23

### Objective 7

The school actively seeks to involve the parents and whole school community in its approach to emotional wellbeing and mental health.

Objective	Gaps in provision	What we could do	Date completed
<p>Increase communication to and support the wellbeing of parents</p> <p>Even better communication would be great – could logo be more prominent in parent-focused areas (Parent survey)</p>	Can we be even better at this?	<ul style="list-style-type: none"> <li>• School website mental health and wellbeing page</li> <li>• Access to Abbi Jervis – separate email address to be created for parents to use</li> <li>• Newsletter information on emotional health and wellbeing (HE updating every half term)</li> </ul>	<p>Ongoing</p> <p>September 2023</p> <p>Ongoing</p>

<p>School to inform parents regularly of events, lessons and how we can help (parent survey) More information for parents on how they can support school (Parent survey)</p>		<ul style="list-style-type: none"> <li>• Open door policy</li> <li>• Texts</li> <li>• Emails</li> <li>• Letters</li> </ul> <p>Contact info clear and easy to use</p> <p>Use of social media – school facebook page</p> <p>Home help hints and resources available on line with links available e.g sleep resilience shyness</p>	<p>Ongoing</p> <p>Ongoing</p> <p>December 2023 (Minimum of 1 per fortnight)</p>
<p>Identify the wellbeing ambassadors and champions</p>	<p>Currently none as such – we have school council, peer mentors, safety guardians but none specifically for EHWB</p>	<ul style="list-style-type: none"> <li>• Keep an eye out for problems</li> <li>• Try to help where they can</li> <li>• Meet regularly to talk about wellbeing issues e.g. to school council in meetings</li> <li>• Help lead assemblies</li> </ul>	<p>Champions and ambassadors identified. 30/11/23</p>

### Objective 8

The school works in partnerships with other schools, agencies and available specialist services to support emotional wellbeing and mental health.

<u>Objective</u>	<u>Gaps in provision</u>	<u>What we could do</u>	<u>Date completed</u>
<p>Work with other agencies closely to ensure our children and families have the best provision to</p>	<p>Already set up with some very close working relationships. Can we develop others?</p>	<ul style="list-style-type: none"> <li>• Work with medical, SS, SF, beam, Kooth, pods</li> <li>• Bereavement services</li> <li>• Smash life</li> <li>• ELSA network meetings here and at other schools</li> </ul>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p>

meet their needs		<ul style="list-style-type: none"><li>• Work with Mental health practitioner</li><li>• RM, advanced mental health lead to share good practice with other schools and take great ideas for us to use!</li><li>• Staff attend future in mind courses</li></ul>	Tom in! Ongoing support  Due to finish course June 2024  Ongoing
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