

# **Federation of Penny Acres and Wigley Primary Schools Mental Health Lead Strategic Action Plan 2022-23**

**Nurturing ambition and inspiring success in a Federation  
where children thrive**



## **Aims of the federation of Penny Acres and Wigley Primary Schools**

**The aim of the Federation of Penny Acres and Wigley Primary Schools is to provide a secure, caring atmosphere in which all children are encouraged and able to achieve their potential. Each child, regardless of his/her background, will be valued and self-esteem nurtured. We wish to help each child have a positive, yet realistic self-image. It is our aim to produce an atmosphere that encourages all to develop caring attitudes and a respect for others.**

**Children respond to example, and all adults' relationships will set the tone. We would like our schools to be happy, hardworking and orderly places where staff, parents and visitors feel at home, where individuals show respect for one another and where pupils take pride in their work.**

### **As a federation we aim to encourage the following:**

- Children to develop self-understanding and a respect for themselves.
- Children to develop a respect for others and their different ways of life and personal values.
- Children to grow in confidence, self-motivation and self-discipline in order to acquire a positive sense of achievement.
  - Children to recognise, practice and value the qualities of honesty and truth.
  - The development of a sense of responsibility to each other, the school and the wider community.
- Children to adopt a flexible approach to learning and to adapt their knowledge and skills to new situations.
  - An atmosphere of co-operation by fostering the qualities of compassion, kindness and tolerance.
- The atmosphere of a caring and friendly community to which everyone feels a sense of belonging and has a valued contribution to make

Leadership and management	Action	when	who	success criteria	resources
	To ensure that our vision for Mental Health and Well-Being and associated policies are visible on our Federation website.	December 2022	DR (Executive Headteacher) to create new 'MHWB' section on school website.	Area on website created listing our vision, policies and signposting parents to local and national support networks.	DR to make time available for the creation of the new area.
Ethos and environment	Action	when	who	success criteria	resources
	To develop a safe space in each school where pupils can retreat in order to manage themselves and their emotions.	By February 2023	Key Stage Leads in each school to collaborate on the design of the areas.	Pupils use the safe space to help them when overwhelmed.  Space accessible to all pupils.	£100 per school to be made available for the purchase of resources.
	Pupils to receive planned and regular assemblies on mental health awareness and well-being, including the Anna Freud Primary Mental Health animation.	By end of November 2022	DR (Executive Head and SMHL) to distribute relevant material.  DR (Executive Headteacher and SMHL) & Assistant Headteachers to lead the assemblies.	All pupils in both schools have seen and reflected upon the Anna Freud Primary Mental Health animation as part of an assembly and associated follow up work.  Further assemblies planned e.g. Mental health awareness week in Nov and into 2023.	No additional costs associated.

Identifying need and monitoring impact	Action	when	who	success criteria	resources																				
	Introduce the ‘Three Houses’ model across key stage 2 in each school as a means of ‘assessing’ the early stages of mental health difficulties and to act as a baseline of identifying need.	January 2023 (at the beginning of the new term)	DR (EHT and SMHL) to produce the sheets required for pupils to complete alongside class teachers.	The ‘Three houses’ model introduced to all children at the beginning of the Spring Term.  Results from this used as a ‘baseline’ in identifying need.	£20 per school to cover the cost of photocopying.																				
	Draw up a summary of need for each year group based on the results of the ‘Three Houses’ exercise. <table border="1"><tr><td></td><td>Worries</td><td>Good things</td><td>Dreams</td></tr><tr><td>Y3</td><td></td><td></td><td></td></tr><tr><td>Y4</td><td></td><td></td><td></td></tr><tr><td>Y5</td><td></td><td></td><td></td></tr><tr><td>Y6</td><td></td><td></td><td></td></tr></table>		Worries	Good things	Dreams	Y3				Y4				Y5				Y6				January 2023 (at the beginning of the new term)	DR (EHT and SMHL) and AHTs to analyse and collate the results of the ‘three houses’ activity, drawing conclusions to report to staff and governors.	Trends from worries/concerns to be inserted into assembly planning and PSHE curriculum, circle time, etc. Assembly themes to be reviewed overall, including class assemblies.	A days release (approx. £230 per school) to enable EHT to work alongside AHTs in collating and drawing conclusions from the ‘Three Houses’ activity.
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Y3																									
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Curriculum, teaching and learning	Action	when	who	success criteria	resources																				
	Review links between physical well-being and mental health, including getting enough sleep. Ensure that this is covered adequately through the Derbyshire PSHE matters SOW.	March 2023 (Mid-year review)	PSHE coordinator	Pupils can discuss factors that influence sleep and are able to describe a good bedtime routine.	No additional costs associated.																				

<b>Student voice</b>	<b>Action</b>	<b>when</b>	<b>who</b>	<b>success criteria</b>	<b>resources</b>
	<p>Re-introduce the 'Worry' and 'Suggestions' boxes at both schools as these have proved successful in the past.</p> <ul style="list-style-type: none"> <li>- A select number of children to be the ones to introduce these initiatives as to drive initiative from a child's point of view.</li> </ul>	January 2023 – at the start of the new term.	RW (this was something she is wanting to do as part of her own professional development)	A select group of children have reintroduced the 'Worry' and 'Suggestions' boxes to the children in our schools, instilling confidence in the children to use these as a means of communicating anonymously.	Purchase of boxes or the materials to make new ones. Approx. £10-15
<b>Staff development</b>	<b>Action</b>	<b>when</b>	<b>who</b>	<b>success criteria</b>	<b>resources</b>
	Assign and populate a part of the staffroom's Safeguarding and School Improvement display, with Mental Health awareness materials, including material related to staff well-being and points of support.	By April 2023	DR (EHT & SMHL) & AHTs	Staff have easy access to material linked to Mental Health, including material to support their own well-being.	Relevant material to be printed and made available to staff.
<b>Parents, carers and families</b>	<b>Action</b>	<b>when</b>	<b>who</b>	<b>success criteria</b>	<b>resources</b>
	EHT & SMHL to set up a table and be available at parents' evening to discuss school's approach to mental health and to talk about any MH challenges.	March 2023	DR (EHT & SMHL)	Parents that approach the table can articulate a greater understanding of school's approach to mental health and well-being.	Relevant material to be printed and made available to parents.

Targeted support and appropriate referral	Action	when	who	success criteria	resources
	Make parents/carers aware of 'The hub of Hope' app via a ParentMail message containing the link.	By end of November 2022	DR (EHT & SMHL)	Parents have a better understanding of local and national support available for Mental Health concerns.	No additional costs associated.
	SMHL will attend local mental health commissioning group/community event to understand better what local support services are available.	When events are available (DR to research)	DR (EHT & SMHL)	SMHL has a better understanding of local MH services and has begun to develop a relationship with local providers.	Cover for DR if required due to teaching commitment.