

## Ings Primary School Mental Health and Well-being Action Plan - 2022-23



Area of need	How will this be achieved?	Who by?	By when?	Evaluation - RAG
<b>School</b>				
Leadership plays a key role in ensuring staff's mental health and well-being is supported and given a high priority.	Leadership to attend Supporting the Mental Health and Wellbeing of Your Staff training for supporting staff's mental health and wellbeing - Mind Hull and East Yorkshire	RSe, LGa, SBe, KRo	Spring 2023	
To develop links with schools, across Thrive Trust to share and develop good practice.	To develop links with schools, across Thrive Trust and across the city as part of the Hull Mental Health and Wellbeing Network to share and develop good practice.	LNe	Autumn 22 (ongoing)	9.11.22 8.2.23
<b>Staff</b>				
Developing Staff to support children's mental health needs	All staff to complete Mental Wellbeing in children and young people on Educare	All staff	Summer 2023	
Consultations available to all staff / drop in	Senior MHP will be available to speak with any staff members about concerns or queries relating to child mental health and looking after their own well being.	LNe/ MHP	March 2023 (onwards)	
<b>Parents</b>				
Wellbeing section on the school website Further understanding of what support is available from other services in relation to mental health	SBe to update the school website, liaise with Thrive Creative Team to design a user friendly web page on the school website that informs parents how Ings support mental health and well being in school.	SBe	Spring 2023	

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For parents to develop their understanding of mental health and ways they can support their child's mental health needs	Senior MHP to meet parents at Chat and Choose to present information and gather interest in further training for parents to recognise signs and symptoms of MH and how to support their child.	MHP	Summer 2023	
<b>Pupils</b>				
The school provides clear and consistent information about the opportunities available for children/young people to discuss their personal issues and emotional concerns.	Each classroom has an area where children can reflect and use the zones of regulation approach to support them to discuss their feelings and any concerns in a calm, safe space.	LNe, TWa, RHa	Discuss in SLT - Jan 2023	
KS1 to continue mindfulness sessions daily after lunch	Teaching Assistants to support and lead children in mindfulness activities, in the classroom, in the last 10 minutes of lunchtime play.	LNe	Autumn 2022	
Supporting children in their SEMH via PSE	Jigsaw programme delivered weekly through the Foundation Curriculum	RSe, LGa, SBe, KRo, LNe	Autumn 2022	
The school provides clear and consistent information about the opportunities available for children/young people to discuss their personal issues and emotional concerns.	Worry jars to be established and promoted across the school. School Council to support the promotion.	LNe/TWa	Spring 2023	