



CURRICULUM ACTION PLAN 2019/21

Date:	January 2020	Subject/Focus Area:	Mental Health and Wellbeing	Completed by:	J.Hawley
Links to Whole School Development Priorities (please tick the last column to show which priority your objectives link too)	1. To broaden the children's understanding of Global Citizenship and Diversity				x
	2. To implement a research based approach to improving aspects of writing across the curriculum				
	3. To further enhance the connectivity of the curriculum through our Curriculum Families				x
	4. To further improve the physical and mental wellbeing of children and staff				x
Intent statement:					
<p><i>At Markeaton Primary School, it is our intent to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers) and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.</i></p> <p><i>We pursue this aim using universal, whole school approaches and specialised, targeted approaches aimed at vulnerable students. In addition to promoting positive mental health, we aim to recognise and respond to mental ill health.</i></p>					
What actions will you take in your subject to help improve the children’s ability to read and/or apply reading skills?					
<ul style="list-style-type: none"> ○ ‘No Outsiders in our School’ Equality books to be used regularly throughout the year to support the teaching and learning of global citizenship and diversity. ○ LGBT+ scheme of work ‘Kings, Princesses, Ducks and Penguins’ to be implemented in PSHE sessions with the use of suggested books (John Yates) 					



Targets	Implementation <i>How are we going to do it?</i>					Impact <i>What will be the impact and how will we know?</i>	
Objective	Action(s)	Staff	Resources (+ costs)	Start date	End date	Success criteria	Monitoring
<p>To ensure mental wellbeing is explicitly taught regularly in school.</p>	<p>Buy PSHE Association membership and distribute to all staff so they have access to mental health and wellbeing resources.</p> <p>Buy PSHE Matters scheme of work which includes new mental health and wellbeing curriculum.</p> <p>Use 'No Outsiders in our School' Equality books and 'Kings, Princesses, Ducks and Penguins' LGBT+ books to aid the teaching of RSE.</p> <p>Link with computing lead to ensure e-safety is taught in PSHE slot x 6 yearly</p> <p>Mental Health Policy to be written and sent to governors.</p> <p>RSE Policy to be written and sent to governors.</p> <p>Half day termly to monitor</p>	<p>JH Wellbeing team</p>	<p>PSHE Association membership £125</p> <p>PSHE Matters Scheme of Work £399</p> <p>LGBT+ scheme and 2x staff meetings £550 £50 GRANT 2 £500 GRANT 3</p> <p>No cost</p> <p>No cost.</p> <p>No cost.</p> <p>Cover for monitoring (Internal)</p>	<p>Jan '20</p>	<p>July '21</p>	<p>New RSE curriculum will be implemented weekly.</p> <p>Long term plan for RSE mapped.</p> <p>Evidence of explicit mental health and wellbeing teaching in books/twitter /pupil voice including online learning.</p> <p>Children will be more aware of what mental health is and how to manage it through regular teaching and learning. They will be taught about inclusion through book schemes and have a greater understanding of equality and a sense of belonging.</p> <p>Children/Staff/Parents will be secure on what is taught and how to report any issues in accordance with the school's named policies.</p>	<p>MAGs</p> <p>Pupil voice</p> <p>Books</p> <p>Policy</p> <p>Twitter</p> <p>Questionnaires</p>



<p>For staff to feel confident teaching mental health and wellbeing as well as identifying the signs of mental ill health.</p>	<p>Staff meetings on: Equality Domestic violence LGBT+ Bridge the Gap</p> <p>Flick training on: Safeguarding Domestic Violence Anti-bullying</p> <p>Appointed Senior Leader for Mental Health and Wellbeing to attend relevant training via Carnegie Centre of Excellence</p> <p>Wellbeing Tab to be added to CPOMS (online recording system) for staff to input concerns. This will be shared with the safeguarding team and governors in the termly Headteacher's report.</p>	<p>JH Wellbeing team</p>	<p>Equality x 2 £500 GRANT 2 DV – No cost LGBT+ Included above BTG- £200 staff meeting GRANT 3 Flick - £450 GRANT 2</p> <p>Cover £500- GRANT 1</p> <p>No cost.</p>	<p>Jan '20</p>	<p>July '21</p>	<p>Staff will feel confident in delivering the new mental health curriculum including LGBT+ elements. This will lead to quality teaching and learning and impact on stable mental health in both staff and pupils.</p> <p>DSL MH will deliver regular training for staff on mental health and wellbeing which will lead to quality first teaching in this area.</p> <p>Wellbeing issues will be identified quickly and reported to the correct members of staff who can organise next steps in order to help all children with their mental health. Governors will be informed of this and so can identify any issues that arise.</p>	<p>Staff voice</p> <p>Staff questionnaires</p> <p>Lesson Looks</p> <p>HT report</p> <p>CPOMS</p>
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<p>To support pupils and parents in maintaining overall wellbeing.</p>	<p>Bridge the gap sessions for identified children. 10 children x 6 sessions</p> <p>How are you? Charts in each classroom.</p> <p>Worry/ Statement boxes in each classroom</p> <p>Mental Health and Wellbeing assemblies/days- x3 yearly</p> <p>Anti-bullying week celebrated</p> <p>Online safety week celebrated</p> <p>Daily Mile/GoNoodle Daily breaks</p> <p>Captains Craze organised playground games daily</p> <p>Bridge the gap sessions for parents in supporting their children's mental health x 3 yearly</p> <p>SEND parent coffee mornings x3 yearly (networking)</p> <p>CLA parent coffee mornings x3 yearly (networking)</p>	<p>JH Wellbeing team</p>	<p>Bridge the gap total counselling £5500 (covered by Rolls Royce Grant)</p> <p>No fee</p> <p>No fee</p> <p>No fee</p> <p>No fee</p> <p>No fee</p> <p>No fee</p> <p>No fee</p> <p>Included in above costings.</p> <p>£30 coffee/tea/biscuits</p> <p>£30 coffee/tea/biscuits</p>	<p>Jan '20</p>	<p>July '21</p>	<p>Vulnerable children will gain the strategies they need to cope with their mental health.</p> <p>Children will be aware of their emotions and how to cope with these in everyday life.</p> <p>Children have a safe place to report any concerns.</p> <p>Children will be aware of how to maintain their mental health on and offline and will know where to go for support.</p> <p>Children will be focused in lessons.</p> <p>Children can feel included at playtimes.</p> <p>Parents will feel more secure in supporting their children with their mental health.</p> <p>SEND and CLA parents will feel more included and able to talk about issues that relate to them in a safe space.</p>	<p>Pupil Voice</p> <p>Observations</p> <p>Governor visits</p> <p>Questionnaires</p>
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<p>To support staff in maintaining overall wellbeing.</p>	<p>Bridge the gap session for staff parents in supporting their children's mental health x1</p> <p>Education support helpline</p> <p>2x half day for wellbeing for each TA and CT</p> <p>30min extended lunch x 6 yearly</p> <p>Updated staffroom</p> <p>Staff yoga weekly</p> <p>Staff fuddle x 2 yearly Free lunch x 1 yearly Chaplin x1 weekly</p>	<p>JH and Wellbeing team</p>	<p>Included in above costings.</p> <p>Helpline £895 GRANT 3 Covered internally</p> <p>£1200 for 30mins x 6 midday pay</p> <p>Updated staffroom £3000 £1000 GRANT 3</p> <p>Christine Mason Yoga x 12 weeks £800</p> <p>No cost £50 food cost No cost</p>	<p>Jan '20</p>	<p>July '21</p>	<p>Parents will feel more secure in supporting their children with their mental health without the judgement of other school parents.</p> <p>Staff will feel confident to talk to someone if they need it who is unknown to them.</p> <p>Staff will have extra time to relax or catch up on any work they wish. This will aid positive mental wellbeing.</p> <p>Staff will feel comfortable at breaktimes and refreshed in order to deliver quality teaching and learning.</p> <p>Staff will feel content and relaxed through yoga.</p> <p>Staff will have quality lunch times which will help in maintaining positive mental wellbeing. They will feel supported and be in a fit state to deliver quality teaching and learning.</p>	<p>Staff voice</p> <p>Staff questionnaires</p>
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Additional Notes

Total cost for school =£4634

Rolls Royce Grant for Bridge the Gap- £5500

Carnegie Grant 1- Cover for DSLMH- £500

Carnegie Grant 2- Flick training (anti- bullying, DV, Mental Health and Wellbeing) Equality x2 staff meeting, £50 for LGBT+ training

Carnegie Grant 3 (applied for) - £500 LGBT+ training, £200 Bridge the gap training, £895 educations support helpline, £1000 Staffroom update