

**Cherry Tree Hill primary School Strategic Plan for Mental Health and Well Being  
Academic year 2023/2024 and 2024/2025**

	Action	When	Who	Success criteria	Resources	Monitoring Who?How?
<b>Leadership and management</b>	All staff to receive training on mental health during staff meeting time to develop a whole school approach to connection and co-regulation (understanding behaviour, child's needs and ways to reduce the need for de-escalation) (Bridge the Gap to deliver this)	Autumn 2023	SMHL/PSHE team	Staff can articulate what resilience and mental health is and will use the understanding to spot the signs of mental health difficulties and know how to deal with it	Staff meeting time  Cost Time	SMHL/PSHE team Governors
<b>Ethos and Environment</b>	To develop a safe space in each classroom where pupils can retreat to in order to manage themselves and their emotions.  (small area with cushions/small table with fidget/ sensory objects to help calm such as sensory lights/fibre optic lights/ calming and emotions books/ soft toys/ any sensory objects which are tailored to the needs of the class and individuals)	July 2024 (transition time to new classes)  July 2024	Class teachers  Pastoral team and/or students	Pupils use the safe space to help them when overwhelmed  Smile campaign launched and promoted during MH awareness week	Class teachers time and £30 available per class for resources  Time to prepare content	SMHL / PSHE Team

Curriculum and PSHE	PSHE medium term plans to be reviewed in line with current guidance, with input from pupils and local school need. Also, to be reviewed, links between physical well-being and mental health, including getting enough sleep.	July 2024	PSHE team	<p>Lessons are taught with up to date, current knowledge relevant to school context.</p> <p>Pupils can discuss factors that influence sleep and describe a good routine for bedtime.</p> <p>Medium term plans reflect progression and needs of the pupils</p> <p>Students can articulate and begin to use coping strategies. Their understanding of digital resilience and managing feelings can be evidenced through whole school well-being data</p>	PSHE lead PPA and management time	SMHL/PSHE team
Identifying need and monitoring impact	Pupils in year 5 and 6 to be screened using the 3 houses (whole class lesson).	May 2024	SMHL and class teachers	3 houses will inform a pyramid of need. Interventions are mapped to vulnerable	Class time	SMHL/DSL / PSHE team pastoral lead and SENDco

	<p>Trends from worries/concerns to be inserted into assembly planning and PSHE curriculum</p> <p>Assembly themes to be reviewed overall, including class assembly.</p>			<p>children who require support CPOMS records will show action is being taken to address emotional needs.</p>	<p>Pastoral time to add onto CPOMS</p> <p>DSL / Pastoral team time</p>	
Targeted support and appropriate referrals	SMHL/DSL will link with other partner schools in trust to make a bank of local support services available	Jan 2025	SMHL/DSL	SL for MH/ DSL has an improved understanding of local MH services and begin to develop a relationship with local providers	SMHL - time	SMHL and DSL/ SLT
Staff Development	To develop a staff well-being and workload policy which is co-produced with staff and based on staff questionnaires and feedback	Sept 2023	SMHL/PSHE Team and staff volunteers	Staff talk about improved workload and the actions which have been taken Staff speak positively about improvements in work related well-	SMHL/PSHE team Time	SLT / SMHL/

	Trust to organise frontline DSLs receive regular supervision- SMHL to liaise and chase this up	July 2025	SLT	being and the actions taken from SLT to improve this.  Frontline DSLs will receive regular supervision in their role	Possible cover costs Cost of supervision	SLT
Working with parents/carers	Pastoral lead to set up table and be available at parents evening to discuss schools' approach to mental health and talk about any MH challenges	December 2023	Pastoral Lead	Parents who visited the table can articulate a greater understanding of the school's approach to mental health and well-being	Pastoral lead time to liaise with PSHE team	SMHL / Pastoral lead
Student voice	PSHE team to hold a focus group each term with a random group of pupils. There is feedback to all pupils about what changes have been made as a result of the focus groups.	June 2024	PHSE team	Pupils and staff have a good understanding of the challenges and subsequent actions which have been taken.	PSHE team cover	PSHE team

	1 Yr6 Mental Health Champion set up to participate in School Parliament	Sept 2024	School Parliament Lead	Pupils aware of a direct voice to decision making in school in regards to mental health		
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