

Whole School Approach - Action Plan



PLEASE EMAIL ANY FEEDBACK TO : rpalmer@heywind.org.uk

	Term 1 (End of January to Easter Holidays)	Term 2 (Easter Holidays to July)
Students	<p>Pupil resilience toolkit sessions (workshops for pupils to build an invisible toolkit of resilience boosting tips/activities and wellbeing challenges set)</p> <p>Universal: Whole School Approach exam stress assemblies</p>	<p>Peer support workshops/assemblies (working on what to do and what to say if your friend has a mental health problem and addressing stigma)</p> <p>Universal: Whole School Approach self-care and transitions assemblies</p>
School Workforce	<p>School workforce training (training for staff on their own mental health as well as spotting signs and symptoms of poor mental health in pupils)</p> <p>Universal: Whole School Approach exam stress</p>	<p>Stress management sessions (optional sessions after school addressing stress, anxiety and depression, signs and symptoms and what can help- these sessions are not interactive and nobody attending would need to disclose reasons for being there)</p> <p>Universal: Whole School Approach self-care and transitions</p>
Parents/Carers	<p>Parental engagement and information (leaflets and videos provided to parents around how to support your child with their mental health and signs and symptoms to watch out for)</p> <p>Universal: Whole School Approach exam stress</p>	<p>Parental engagement and information (leaflets and videos provided to parents around how to support your child with their mental health and signs and symptoms to watch out for)</p> <p>Universal: Whole School Approach self-care and transitions</p>