

## Mental health and wellbeing action plan for returning to school from 8<sup>th</sup> March 2021

At St Finbar's, we recognise that all children and adults need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

**Rationale:**

When schools reopen fully to all children on March 8<sup>th</sup> our focus on the mental health and wellbeing of all will be our biggest priority.

**Remember:**

- To not feel normal when things are not normal is “normal”. This is not a problem. This is a positive.
- Not all children or adults have had a negative experience during this time. For some it has been a time to re connect with their children.
- Expect this time to be different but manageable.



Expectations 8 <sup>th</sup> March	All staff and children (who can) will return to onsite learning.
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From 8<sup>th</sup> March until we break up for Easter our Whole School Approach (WSA) to supporting mental health and wellbeing (MHWB) will be our universal offer to all. The support and intervention layers will also be continuing with specific children. (We are a training school for Mental health support team.)

St Finbar's provides a learning environment that promotes and enhances positive mental health. A consistent approach means that the school environment and school ethos promote the mental health of the whole school community. Healthy relationships underpin positive mental health and have a significant impact on everything we do.

All wellbeing lessons/activities are to be photographed and saved in staff share under wellbeing and/or tweeted daily with

[#StFinbarsMHWB](#)

<p><b>ACTIONS:</b></p> <p>All children are to be warmly greeted every day by everyone. Children are to be explicitly taught how to greet each other, eye contact, smiling etc. They may have lost confidence in social interaction and teaching interactions straight away will prevent anxiety and support friendships and also remove any perceived barriers.</p>	<p>All staff:</p> <p><b><i>Remember every interaction is an intervention</i></b></p> 
<p>All year groups to be daily registered using ROAR rainbow and any children with low mood to be monitored closely over the day.</p> 	<p>All staff</p> <p>Visuals must be up in all classrooms from 8<sup>th</sup> March.</p> <p>Use ROAR resources on staff share</p>
<p>All children are to be explicitly taught school rules and routines in a supportive way.</p>	<p>Teachers</p> <p>When children feel secure they are less likely to feel anxious.</p>
<p>All year groups to complete wellbeing activities every day for one hour.</p> <ul style="list-style-type: none"> <li>• Exercise based wellbeing- daily mile (as we know many of our children have not moved enough nor had enough outdoor activity). Children must get heart rates up every day.</li> <li>• Interventions have been planned for the 45 most inactive KS2 children.</li> <li>• HIT activities.</li> <li>• Staff on duty to all ensure playtimes are very active.</li> <li>• Children to be explicitly taught how to interact on playground.</li> </ul>	<p>To be planned and directed by teachers.</p> <p>PALS training for LSAs and lunchtime staff has been organised again- originally planned for January 21.</p> <p>There are so many resources online but quality assure before you start. Your class may need more on interaction and less on managing anxiety. Know your children- these lessons should be planned with their needs in mind.</p> <p>Some useful links to plan from. Anna Freud is particularly good.</p> <p><a href="https://padlet.com/jholder_llp/goingbacktoschool">https://padlet.com/jholder_llp/goingbacktoschool</a></p> <p><a href="https://padlet.com/jholder_llp/mentalhealthweek">https://padlet.com/jholder_llp/mentalhealthweek</a></p> 

<ul style="list-style-type: none"> <li>• Make sure you teach children to look at the sky.</li> <li>• A daily dance</li> <li>• A singalong.</li> </ul>	<p><a href="https://www.annafreud.org/schools-and-colleges/resources/">https://www.annafreud.org/schools-and-colleges/resources/</a></p> <p><a href="https://mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities?pdf=coronavirus-toolkit-return-to-school">https://mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities?pdf=coronavirus-toolkit-return-to-school</a></p> <p><a href="https://movementformodernlife.com/yoga-classes/stress-anxiety?gclid=EAlaIQobChMlzb3ppj07glVhu3tCh2yyANKEAAYAiAAEgK0Gfd_BwE">https://movementformodernlife.com/yoga-classes/stress-anxiety?gclid=EAlaIQobChMlzb3ppj07glVhu3tCh2yyANKEAAYAiAAEgK0Gfd_BwE</a> - Yoga for anxiety</p>
<p>Creative wellbeing lessons:</p> <ul style="list-style-type: none"> <li>• Art activities which are not related to curriculum art should be completed.</li> <li>• Sensory sessions such as play dough, shaving foam and sand trays should be used.</li> </ul>	<p>Healthy me, inside and out!</p> 
<p>Relaxation techniques:</p> <ul style="list-style-type: none"> <li>• Mindful stretching and breathing</li> <li>• Square breathing</li> <li>• Meditation</li> <li>• visualisation</li> </ul>	<p>We have a subscription to a “Mindful stretching and breathing” (yoga) website but there are lots of youtube videos which are age-appropriate.</p> 
<p>All staff present completed RISE training in Sept '20</p> <ul style="list-style-type: none"> <li>• RISE accounts to be activated by 24.2.21</li> <li>• RISE assessment documents to be activated by 8.3.21</li> </ul>	<p>All staff</p> <p>All teachers</p> <p>All teachers</p>

<b>SEND:</b>	
ASD children to be provided with social stories before return to school	CH to email out where appropriate.
<b>Early intervention:</b>	
<ul style="list-style-type: none"> <li>Any children who you have any concerns about are to be discussed with CH</li> <li>KB as THRIVE practitioner will then offer individual sessions</li> <li>Fortnightly meetings with MHST</li> <li>Referrals and support will be offered to any child who needs it at this point.</li> </ul>	<p>Remember we must welcome and support all children back to school and give them some time to adjust before we can make an accurate assessment of their wellbeing.</p> <p>Individual sessions with Seedlings, YPAS, NSPCC and EMHP will continue weekly.</p>
<b>Staff wellbeing committee</b>	Meeting 18/3/21
<b>Expectations after Easter- Summer 1 2021</b>	
All children's resiliency and wellbeing to be assessed using RISE w/b 12/4/21	All teachers
Data to be inputted onto grids by LSAs 19/4/21	<p>LSAs</p> <p>This will provide us with both an individual score for each child and a class score for the 8 areas of resiliency identified in RISE.</p>
Data to be analysed by SLT and KB on 21/4/21	SLT KB
Bespoke areas of RISE to be identified for each class to work on. One of the eight areas will be prioritised first.	SLT to provide teachers with next steps
RISE lessons planned and delivered until end of summer 2	All staff
Referrals to outside agencies will continue to be made.	SENDCO
Transition arrangements eg, managing change, coffee mornings etc will be planned as normal.	<p>CH as soon as possible.</p> <p>Dates identified with EMHP</p>