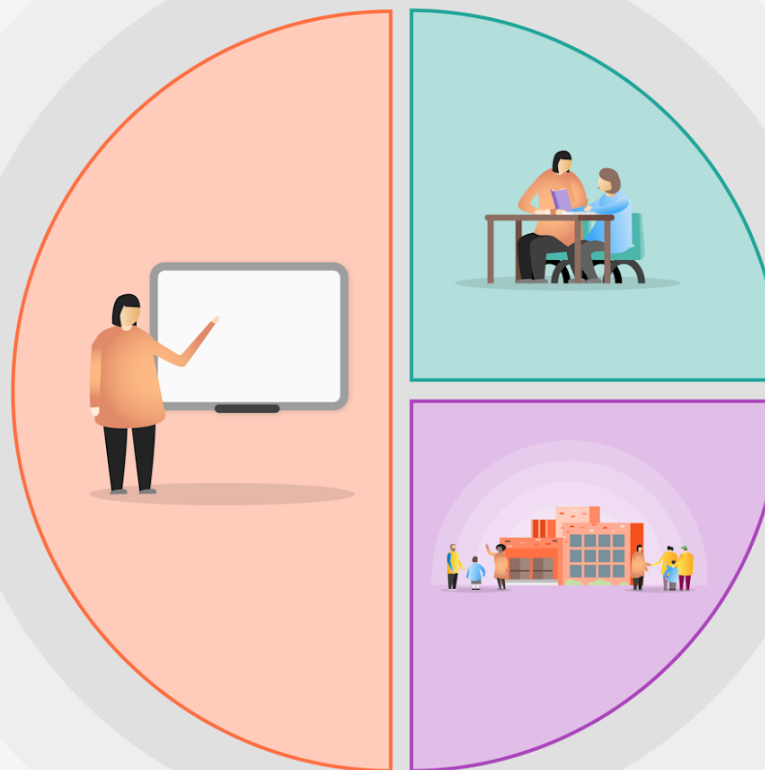


1 Teaching

- Class activity reflecting on lockdown
- Develop pupil's emotional literacy so they feel more able to express any worries they may have and to be able to articulate what they are feeling.
- Pupils are being taught about the importance of relationships and reconnecting with their friends and adults in school as well as recognising and identifying who their trusted adults are, both in school and at home, should they feel the need to talk to someone.
- Mindfulness activities
- Regular brain breaks
- Mental health lessons
- Delivery of new PSHE framework incorporating RHSE
- PE lessons and regular physical 'brain break' activities in class



2 Targeted academic support

- Learning Mentor support for identified individuals
- 1:1 support
- Lego Therapy
- Social group

3 Wider strategies

- Whole school staff Inset and training on RSHE curriculum with particular emphasis on mental health and wellbeing
- Pupil survey (HEP) to determine attitudes around certain health behaviours both at school and at home
- Assembly focus on promoting self-efficacy, hope, gratitude and connectedness
- Hall display on assembly themes described above
- Wellbeing Bitesize chunks shared at staff meetings weekly (resources, useful weblinks)
- Staff wellbeing notice board in staff room containing information, signposting support & a shout-out board
- Staff wellbeing Inset days and staff meetings scheduled throughout the year
- Mental Health & Emotional Wellbeing page on school website signposting parents to support and resources
- Mental Health assembly focus
- Assembly foci on diversity and black history