

## **St. Ann's J & I School Promoting Emotional Health and Well-being in Primary Schools**

### **Strategic Purpose/Aims**

To further enhance the development of the vision for St Ann's to become a mindful community. To deliver mindfulness training in order to make a significant impact on both staff and pupil well-being.

### **Activity Summary**

The school Inclusion Leader has completed a 3 day 'Paws.b' mindfulness training course for 7-11 year olds. He will deliver a 12 week course to 50 Y6 pupils in Autumn 2019. The Headteacher has completed 'The Present' 3 day mindfulness training course for 3-11 year olds and will be delivering sessions with 50 Y4 pupils. Resources have been purchased to support delivery of these programmes.

Staff training sessions will continue weekly for those wishing to attend on a voluntary basis.

### **What working well?**

The increase in capacity in trained staff will enable a larger group of children to receive mindfulness training.

Staff are enthusiastic about taking part in mindfulness courses. Some staff are asking (unprompted) for additional sessions for themselves. They are responding well to displays in the staffroom promoting kindness, compassion and increasing happiness.

### **What are we worried about?**

The Present is a new course. The Headteacher will be introducing each theme (7 themes over 14 weeks) the class teachers will be following the theme for the rest of the 2 week block. Concerns may be that this will get lost in the hectic pace of the classroom curriculum delivery. To counteract this the Headteacher will organise drop in sessions to talk to the pupils about how it is going.

### **What needs to happen next / ambitions for 20/21?**

1. A new training course Breathe.b has come online. This course is aimed at 10-14 year olds to support transition. A Y6 teacher will be attending this course.
2. The Present training will be rolled out across more year groups. Discussions will take place with the trainers to look at training more teachers on this course.

3. The Headteacher is liaising with Rotherham School Improvement Service (RoSIS) to look at promoting mindfulness and offering training to other schools.

### **Outcomes and Outputs**

In the Autumn Term 2019 approximately 100 pupils will access mindfulness training. Until these courses have been delivered we will not have data on impact. Paws.b has an impact survey built into the training. The Present is a new course which does not have any formal gathering of outcome data. A pupil survey will be designed to capture this on completion of the course.

### **Co-production/engagement/consultation with CYP and families**

Pupils will be encouraged to talk to their parents about the mindfulness training. A board will be set up in classrooms. Parents will be encouraged to discuss the board with their children when they enter school in the morning.

## **Brinsworth manor infant School *Early identification of and intervention for mental health***

School to train all staff on emotional well-being and mental health to include counselling and coping strategies to help others

### **Strategic Purpose/Aims**

School will have sustainability in the fact that the majority of staff are trained to deal with issues of an emotional well-being or mental health nature i.e have counselling and coping strategies to help others

### **Activity Summary**

Brinsworth Manor Infant school's **Mental health and wellbeing training**

**Session 1** - Mental Health Awareness. 3<sup>rd</sup> June 2019

**Session 2** – Sensory Integration and Healthy anger (Part 1). 10<sup>th</sup> June 2019

**Session 3** – Sensory Integration and Healthy anger (Part 2). 26<sup>th</sup> June 2019 (cancelled) rescheduled for Inset day 2<sup>nd</sup> September 2019

**Session 4** – Mindfulness. 25<sup>th</sup> September 2019

**Session 5** – Anxiety, Depression, Self-harming. Date to be arranged

**Session 6** – Counselling skills. Date to be arranged

**Session 7** – How I feel/Self Esteem and confidence. Date to be arranged

**Session 8** – Play Therapy. Date to be arranged

**Session 9** – Loss and bereavement (Part 1). Date to be arranged

**Session 10** – Loss and bereavement (Part 2). Date to be arranged

### **What working well?**

*Staff are a lot more aware of the causes of poor mental health, the signs and strategies to use. Their approach has changed towards children who may not be making the right choices. We have children opening up more and fewer negative consequences being used.*

### **What are we worried about?**

*Some staff are more on board than others*

### **What needs to happen next / ambitions for 20/21?**

*Extending training to parents*

### **Outcomes and Outputs**

*Too early to assess using quantitative data*

### **Co-production/engagement/consultation with CYP and families**

*We have been able to engage families with ideas and strategies to help young children and this has influenced our action plan to extend training to parents/carers*