

## Emotional Health and Wellbeing Action Plan Rosstulla School

<b>Focus of Action Plan: Emotional Health and Wellbeing: Being Well, Doing Well</b>		<b>School Year: 2025- 2026 (and extended over next 3 year plan)</b>	
<b>Baseline Position:</b> <ul style="list-style-type: none"> <li>• Feb 2025: Attachment and Trauma Sensitive School (Silver Award)</li> <li>• Feb 2025: Whole staff Training in Restorative Practice &amp; SLT consultation with Jenny Nock: RAG rating tool.</li> <li>• 2023-Ongoing: Better Together Group</li> <li>• 2023-2024: Whole school Together training (Primary Behaviour support service) Introduction of Take 5 steps programme</li> <li>• 2022-2024: Restorative procedures: solution circles, raising a concern flow chart, staff code of conduct</li> <li>• 2021-2024: 3-year school improvement programme building Ethos, Vision and Values</li> <li>• 2022 –2024: School staff wellbeing project (Educational Psychology service)</li> <li>• 2020-2023: Well Team Programme (Heart Chest &amp; stroke) - Health Champions &amp; Mental Health First aiders</li> <li>•</li> </ul>			
<b>Targets to bring about improvement</b>	<b>Actions to bring about improvement</b>	<b>Staff/Lead responsibility</b>	<b>Evaluation/Sucesses</b>
<b>STAFF WELLBEING &amp; PROFESSIONAL DEVELOPMENT</b>		<b>Resources needed</b>	
<p>Staff EHW is a regular item on school &amp; team meetings.</p> <p>Our school provides regular opportunities for staff consultation &amp; feedback regarding EHW.</p>	Optional wellbeing session beginning of each term signposting.	Monienne McCann	
	Training for Mental Health First aiders	Monienne McCann	
	Create a staff wellbeing programme: Board in the staffroom/Include staff wow moments/Fruit basket in staffroom/Regular shared breaks	Monienne McCann	
	Plan of staff sessions each month e.g. walking group, running group, yoga, meditation, massage, spa treatments	Monienne McCann	
	Review of staff wellbeing policy and critical incident policy	Monienne McCann & L Matchett	

<p>Criteria are used to select &amp; commission external professional development opportunities.</p> <p>All CPL is evaluated &amp; the information used to assess impact &amp; plan further opportunities.</p> <p>Our school staff professional learning programme is regularly reviewed.</p>	Take continual feedback from staff- through survey's	All SLT	
	Pre-planned programme of CPD for staff (also see LSA support Action plan)	RO, LM, CMc	
	Evaluation of CPD for staff –in forms	RO, LM, CMc	
	Regular refreshers for staff on school ETHOS	LMatchett	
<p><b>Targets to bring about improvement</b></p> <p><b>PARENTS &amp; CARERS</b></p>	<p><b>Actions to bring about improvement</b></p>	<p><b>Staff/Lead responsibility</b></p> <p><b>Resources needed</b></p>	<p><b>Evaluation/Successes</b></p>
<p>Our school proactively seeks to engage &amp; involve parents &amp; carers in school life &amp; provides regular opportunities for this.</p> <p>Our school provides regular opportunities to participate in school events improving family understanding of EHW &amp; support their parenting.</p> <p>Parents &amp; carers are regularly provided with accessible information about our school's EHW policy, procedure &amp; how to access support services.</p> <p>Additional support is provided to parents &amp; carers who require it.</p>	A monthly Family Newsletter to share achievements, note key events.	Nichola Shannon	
	Set up a Family Support group in school with staff.	NS	
	Parent and Carer workshops and information sessions - Zones of Regulation workshop for parents/carers. -Monthly Make and Take sessions for families.	NS	
	Signpost families to other agencies, clubs' avenues for support.	NS	
	Collaborate with other special schools to gather information on what services and sessions they offer families.		
	Create videos of our interventions such as Attention Autism, Curiosity Approach and share with families on our school website.	NS	
	Family Celebration Day on International Day of Families. send homemade invites, make decorations and welcome families to your class party.	NS	
	Bring back past parents' pupils to share successes	LA Mitchell	

	Connections with home EY's. Beginning of year home visits. Building the back stories.	J McFarland	
	Engage parents and community in 60 <sup>th</sup> birthday celebrations	C McCarthy	
	Departmental family fun days/ celebration events/ open mornings	DPT Leaders	
<b>Targets to bring about improvement</b>	<b>Actions to bring about improvement</b>	<b>Staff/Lead responsibility</b>	<b>Evaluation/Successes</b>
<b>WHOLE CHILD</b>		<b>Resources</b>	
Pupil views are important and valued.	Assemblies based on take 5 components. Pupils right to emotional health and EHW	DPT Leaders	
Pupils are involved in decisions that relate to them.	Take 5 Fridays activities: Connect, give, take notice, keep learning, be active e.g. pizza party, sandcastle building, Walk a mile, role reversal day, Archery afternoon, corridor parties, BBQ, fun days, Step challenge, Freaky Friday activity a month.	K McCullough	
Pupils are enabled to develop the confidence and capacity to express their views and concerns about their EHW.	Involve pupils & LSA's in planning and developing clubs	Kenny & Megan	
Pupils are invited to share their experiences of EHW provision.	Develop pupils' personal profiles/ clicker	DPT Leaders	
Reflection and assessment activities take place in all areas of the curriculum.	Bring back ex pupils to talk to current pupils about their experiences	LA Mitchell	
Pupils are involved in planning how to celebrate achievement across the school.	Expand Play opportunities for the older children e.g. Messy minds for older pupils, role play centre, develop outdoor play areas  Further develop zones of regulation: workshops for parents, induction for new staff, lessons for pupils	Kenny McCullough	
Pupils have opportunities to support one another's EHW.	Develop outdoor playtime: resources, zones, staff roles, buddy systems	Kenny & Megan	
Interventions are regularly monitored & reviewed.	Promote schools' council and ECO schools group. Develop pupil voice through these avenues.	Gillian Currie	

<p>The teaching of social &amp; emotional skills is clearly mapped within the PDMU scheme of work &amp; other areas of learning.</p> <p>There are school buddy systems or similar initiatives in the playground to ensure no one feels left out.</p>	<p>28<sup>th</sup> May World challenge day TBC  <a href="https://www.coe.int/en/web/compass/sports-for-all">https://www.coe.int/en/web/compass/sports-for-all</a></p>	Kenny McCullough	
	<p>Promote staff to share what they are sending home to parents/carers on Seesaw with the pupils</p>	DPT Leaders	
	<p>KS5 prefects allocated buddy roles for juniors</p>	DPT Leaders	
<p>Reflection and self-assessment are structured parts of the provision for the enhancement of EHW.</p> <p>Plan opportunities to promote EHW skills in all pupils &amp; support for them to learn about the potential of experiencing new feelings.</p> <p>EHW of all pupils is at the fore of all curricular areas</p> <p>Ensure curriculum provision is strongly &amp; visibly connected to other components of EHW provision.</p> <p>Provide a range of opportunities through which pupil voice can be heard</p>	<p>Build on Circle Time activities/sunshine circles</p>	RO & DPT Leaders	
	<p>Older pupils support little ones e.g. reading with them, playing with them.</p>	DPT Leaders	
	<p>Develop EFL tags to celebrate and share EHW skills</p>	RO	
	<p>Trialing personalised Curriculum (EQUALS) that focuses on what child needs and is relevant – supporting success for all learners through a curriculum that is different, not just differentiated.</p>	RO	
	<p>Focus in Term 3 and Term1 of next year to develop videos for website Curriculum page to celebrate development of new strategies and interventions e.g. TacPac, Forest Schools. Explicit links to rationale, including EHW benefits for learners</p>	RO	
	<p>Supporting EHW of all learners, especially our most complex learners through focus on engagement – CPD for staff on Curiosity Approach and Engagement Model to support Equals Curriculum – supporting staff with confidence and strategies to meet children where they are</p>	RO	

	Using Evidence for Learning to map and track engagement levels (MAPP and Engagement Scale) as an indicator of pupils EHW		
	Pupil voice to be developed through self-assessment schema in EfL. This will support pupils to have a say on how confident they are accessing the areas of the curriculum	RO	
	Developing Preventative Curriculum  Restorative Practice built into lessons (see strategic plan)  Establishing RSE network of special schools, supported by Informing Choices NI, to collaborate to develop RSE schemes of work that are relevant and meaningful for all of our learners.	RO & DPT Leaders  RO & PAston	
	Focus on Outdoor Learning in new academic year – Lisa to further develop Forest Schools and explore Outdoor Learning scheme of work in Equals Curriculum.  Further develop Nature Nook area.  Develop growing opportunities for whole school in	RO	
<b>Targets to bring about improvement</b>  <b>WHOLE SCHOOL</b>	<b>Actions to bring about improvement</b>	<b>Staff/Lead responsibility</b>  <b>Resources</b>	<b>Evaluation/Successes</b>
Provide support & training for school governors on EHW.	Continued development of use of CPOMS in recording interventions and outcomes.	LMatchett & CMcCarthy	<b>Laura Porter appointed Wellbeing Governor (Jan 25)</b>
Develop systems, structures and practices for monitoring, reviewing & evaluating the impact of the EHW programme.	Governors Training offer by EA Governance. Governors invited to safeguarding training and other in school training EHW Governor = Laura Porter	LMatchett & McCarthy	
	Regular feedback forms to staff, pupils and parents. Staff review meetings annually.	All SLT	
	Celebration of success School Development Day annually	All SLT	

<p>Share the EHW programme and impact of our school EHW programme with everyone.</p> <p>Appoint a designated School Governor with responsibility for &amp; oversight of pupil &amp; staff EHW.</p> <p>Build on the already good relationships with the community &amp; works collaboratively to promote the importance of EHW.</p> <p>Work with community &amp; voluntary agencies to develop &amp; enhance its approach to EHW.</p>	Rosstulla 60 <sup>th</sup> Birthday celebrations	Planning committee led by Caroline	
	Invite and engage businesses in the community to support with development of outdoor spaces.	All SLT	
	Funding and Grant applications to support specific projects	All SLT	
	EHW as part of School Development Display Board.	RO	
	Involve the local community and groups to be involved with activities in school e.g. boxing club, old people's homes, local retailers, monkeynastics	DPT Leaders	
	Pre-planned programme of CPD for staff (also see LSA support Action plan)	RO, LM CMc	
	Continue to build on Shared Education and Extended schools Programmes (See separate action plans)	Alison Clugston Jill McFarland	