

## Gorse Hall primary and Nursery School

### Well-being Action Plan -September 2020-21



Action	Resources	Who ?	When ?
Teachers to use CPD resources to ensure best possible transition for pupils in autumn term.	Teachers to familiarise themselves with resources from Salford and Tameside Psychology Services – Impact of trauma upon the child, Trauma informed transition and Strategy Emotion Coaching.	NS	July 2020
Deputy Heads to conduct online survey to assess pupil and parent well-being before return to school in September.	Microsoft Forms.	JE	AUGUST 2020
Deputy Heads to conduct online survey to assess staff well-being in September.	Microsoft Forms	JE	September 2020
Deliver Recovery Curriculum INSET training to all staff. (7Cs of Resiliency + E) (5 Levers of Recovery Curriculum)	RISE materials – 7Cs of Resiliency + E Recovery Curriculum materials by Barry Carpenter Zones of Regulation	JE/NS/AF	September 2020
Whole school approach to manage and self-regulate emotions in difficult situations. (COPING)	Zones of Regulations – Share website link with all staff. Display feelings thermometer in all classrooms. Teaching children diaphragmatic breathing techniques via YouTube links and children and staff to practise weekly.	NS/JE/AF	September 2020 ongoing
Planned Recovery intervention Nurture intervention to continue during lunchtime	SEMH Causing Concern form - Recovery	LSAs	Ongoing
Transition activities to support pupils in developing their self-certainty in order to help them believe they can achieve. (COMPETENCE)	Power 1,2,3 to share with teachers from RISE materials – 7Cs of Resiliency + E Happy Boxes Plenty of opportunities to discuss and share experiences of Covid-19 and school closure.	NS/JE/Teachers	AUGUST 2020

15 minutes of mindfulness daily for staff and pupils (CONTRIBUTION)	Daily mile, timetable, class monitors Diaphragmatic Breathing weekly Mindfulness activity daily	Teachers	September 2020 ongoing
Mental Health Awareness	Hello Yellow Resources	JE	October 2020
Improving the well-being of others and receiving gratitude	Caught Being Kind – House Points Random Acts of Kindness for staff and pupils Well-being Calendar	JE	AUGUST 2020
Elect Class Peer Mediator Roles to encourage positive relationships and well-being during playtimes and lunchtimes (CONNECTEDNESS)	Peer Mediator badges Peer Mediator training	NS	September 2020
Well-being Ambassadors. Elect new members to incorporate pupils voice into the Recovery Curriculum. Governor and Parent member of the Well-being Committee. (CONTRIBUTION)	Well-being Ambassador badges. Meetings to be held half termly. Current Y5 to lead and incorporate 1 member from each year group.	JE	September 2020
Weekly Resiliency Awards to celebrate achievements	Jigsaw Resilience Certificate	AF	Ongoing
Develop timeline for Community Well-being project.	Action plan Costing of materials/funding available	JE/NS/JS	September 2020
LPPA – focus on parent well-being	ZOOM, Feedback from parental survey.	NW/JE/NS	Autumn 2 2020
Apply for ACSEED award.	Evidence Application	JE/NS	December 2020