

Mental Health Action Plan 2023-24

We all have mental health, just as we all have physical health. How we feel can vary from good mental wellbeing to difficult feelings and emotions, to severe mental health problems.

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What do we do?	Detail	How do we know it works?	Next steps
<p>Tutor Time: <i>Form Tutors are a consistent adult in the lives of our students. The 15 minutes they spend with students each morning is vital to setting a positive tone for the day, checking on their welfare and developing positive relationships.</i></p>	<p>Form Tutors actively work to support all students daily, and facilitate Wellbeing Wednesdays and Fun Fridays. Acknowledging additional challenges faced by students of colour and members of LGBT+ community, resources are diverse and inclusive.</p> <p>Mental Health focus months are October and May.</p> <p>Afternoon Registration enables a check-in for any students who need further support.</p>	<p>Tutor PeD plan - One-to-ones conducted with all students in Term 1.</p> <p>Student Wellbeing Parliament in Autumn Term enables students to make their voices heard.</p>	<p>Develop a bank of resources around attendance, emotionally based school avoidance and positive behaviour strategies to share with Form Tutors so they can be proactive and knowledgeable in their interventions.</p> <p>Ensure SEN and PP students are represented at all school parliaments so they contribute effectively to Student Voice.</p>
<p>Assemblies and talks <i>Assemblies are an important part of life at The Crypt School. They enable students to come together either in Houses, year groups or Key</i></p>	<p>Deputy Head (Safeguarding, Inclusion and Wellbeing) leads assemblies in terms 1, 2, 4 and 6 to highlight the importance of mental health.</p> <p>HoYs make mental health a key part of their assemblies (at least once termly).</p>	<p>Awareness of mental health raised, and students feel positively towards the school - demonstrated through</p>	<p>Assembly in Sept 2023 to introduce the new Deputy Head (Safeguarding, Inclusion and Wellbeing) and focus on resilience - as the theme for the term assemblies. Autumn 2 assemblies focus on respect.</p> <p>Remote assembly and Community Time in Nov 2023 on anti-bullying followed by</p>

<p><i>Stages. These gatherings are important to develop a sense of community and belonging - these gatherings contribute to positive wellbeing.</i></p>	<p>Visiting speaker talks cover topics such as consent, self harm, mental health and misogyny.</p>	<p>approach to lessons and engagement in extracurricular clubs and societies.</p>	<p>commitments to positive change from each Form..</p> <p>HoY assemblies for year 10 and 11 in Oct 2023 to focus on bullying and mental health.</p>
<p>Support during the school day</p>	<p>Students who need support during the day can access the Pastoral Room which offers two approachable and supportive Pastoral Support Workers (plus two PSW in room in Sixth Form team) and sofas, light and assorted leaflets and fidget toys. Additionally, recognising the benefits of reading for escapism and support, the room holds a selection of Young Adult and support books for students to enjoy or take away. A school counsellor visits two days a week (referrals through HoYs and PSWs) and a School Nurse - Willow - runs a drop-in on Mondays.</p> <p>Preventative measures such as the importance of good sleep, hydration, exercise and time away from screens are emphasised by staff where appropriate.</p>	<p>MyConcern data shows how many students access support for various reasons and data is analysed half termly.</p>	<p>Raise awareness of counsellor and School Nurse through assemblies in Autumn Term.</p>
<p>Staff structure (escalates down list)</p>	<ol style="list-style-type: none"> 1. Form Tutor - first point of contact for students and parents. 2. Head of Year (working with Pastoral Support Worker). HoY also flags any serious concerns to Deputy Head Safeguarding, Inclusion and Wellbeing. 	<p>MyConcern data shows students accessing at appropriate levels and the process of escalation,</p>	<p>Young Minds Trailblazer status provides an effective bridge the gap before CAMHS support. This status will be further established in 2023-24 academic year.</p>

	<p>3. Pastoral Support Worker takes on if more detailed work is required (working with Deputy Head - Safeguarding, Inclusion and Wellbeing).</p> <p>4. School Counsellor.</p> <p>5. CAMHS/TIC+/Young Glos - communication with school maintained where possible.</p>	<p>actions and outcomes.</p>	
<p>Other ways The Crypt School supports student mental health</p> <p><i>The school is a calm and positive learning environment due to calm corridors (one way system), well behaved students (reinforced by C system) and approachable and supportive teachers.</i></p>	<p>In the curriculum: For example, year 9 History starts with a topic on Tolerance which embeds an inclusive mindset and British Values. In English, books studied such as Ghost Boy and In the Sea there are Crocodiles promote understanding, inclusion and wellbeing. PeD programme actively teaches students about managing their mental health and how to overcome challenges. Strategic triangulation meetings take place so our approach is dynamic and adaptive to reflect the needs of cohort</p> <p>Extra-curricular opportunities: Various lunchtime clubs which support positive mental health and wellbeing - eg making gift tags for Cobalt, Multicultural society, LGBT+ society, Young Voices, Duke of Edinburgh (builds resilience, sense of community, outdoors).</p> <p>Charitable activities: Events such as Miles for Miles event, community litter picking, Christmas shoeboxes and food bank collections encourage students to give back</p>	<p>Student Voice: Through one-to-one conversations, Parliaments and survey, students make their voice heard.</p> <p>Clubs and societies are well attended and students enjoy the activities and find a sense of belonging.</p> <p>Charity event in October 2023 raised £18,000 - evidence of positive engagement.</p>	<p>1. Further analysing MyConcern data to ensure mental health provision is accessed by all members of our community regardless of gender, ethnicity or socio-economic background.</p> <p>2. Recognising the unique challenges faced by Service families, a new military families student group will be convened this year to better support those students for whom we receive Service Pupil Premium.</p> <p>3. Audit extracurricular and trips participation to identify any gaps and/or opportunities to widen participation for SEN students.</p> <p>4. Pastoral team continues to work closely with HoDs to ensure curriculum content (eg PeD) prepares students to make positive and safe choices in all situations. Termly triangulation meetings between Deputy Head (Safeguarding, Inclusion and Wellbeing), Head of Sixth Form and Head of PeD continue.</p>

	<p>to the community and think of others, which contributes to positive wellbeing.</p> <p>Sixth Form prefects go to Year 7 and 8 forms once a week to offer wellbeing support - they may lead small group activities, support individual students or assist the Form Tutor in other ways as necessary to support the students in the group.</p> <p>SEN: HoYs and PSWs work closely with the SEN team to meet the needs of all students - ensuring not only that they make good progress in lessons, but also that they maintain positive mental health.</p> <p>Sense of belonging: All Year 7 students visit St Mary de Crypt church and School Room in Gloucester - where the School was founded. This gives students a sense of history to develop their feelings of security, community and belonging - vital to positive mental health.</p>		<p>5. Further establishing the Staff Wellbeing Committee. Links to staff wellbeing highlighted in Mental Health form resources (early Oct 2023). Staff Wellbeing activity at INSET days, and Staff Briefing used to share the Education Support website and helpline.</p> <p>6. Recruiting a Deputy SENCo to further bolster the SEN team.</p>
<p>Communication with parents and other stakeholders</p>	<p>Form Tutors, HoYs, PSWs and Deputy Head (Safeguarding, Inclusion and Wellbeing) regularly communicate with parents via phone, email and meetings.</p> <p>Pupil Welfare Committees with governors and key staff oversee student wellbeing and reports are shared from key staff on wellbeing, behaviour and attendance.</p>	<p>Positive and supportive parental body, and active Parent Teacher Association.</p>	<p>Deputy Head (Safeguarding, Inclusion and Wellbeing) to communicate with parents via letter once a term, with a focus on Mental Health, plus any other salient points.</p> <p>Sept 2023: online safety guidance and tips, and a link to support for parents - a Tic+ group.</p> <p>Nov 2023: bullying and being kind online.</p>