

# Tuke School Wellness and Mental Health Strategy for Students and Parents Autumn 2023-Summer 2024



We strongly believe that promoting the mental health and wellbeing within our school community includes actively celebrating individuality and achievement. We are committed to working in partnership with our parents and carers to provide the best outcomes for our students.

We acknowledge the complexities of young people with SEND and accept that the stressors associated with this can be complex and real.

Integrating mental health and wellbeing across the whole school community means encouraging all voices to be heard and taking on board a variety of views and feedback.

This strategy sets out ways we can try to support and bring wellbeing into the everyday.

## Our Commitment

We will continue to consider effective communication strategies which will foster our ability to work in collaboration with parents. We are committed to using the five ways to wellbeing which promote opportunities for students and parents to; connect, be active, take notice, keep learning and give to others.

Let us continue to be a open, welcoming, supportive and dedicated community who look out for each other.

We can keep trying to do this better.

## Our aims are to;

- Ensure teaching and learning promotes resilient learners including fun and enjoyment
- Empower students and parents to have their voice heard and be involved in decision making
- Further develop strong and effective partnerships with parents & carers and the wider community
- Create physical environments that support mental health and wellbeing

- Embed wellbeing into our daily curriculum opportunities
- Build connections and encourage social relationships

## We are all learning to;

- spot any signs that may indicate students and their families may need support
- adjust and respond to environmental stressors
- offer or sign post to appropriate support
- improve joint working and collaboration with mental health services, so that young people are more likely to get the support they need when they need it.

## We are learning from you by;

- hosting parent/carer meetings and gatherings
- student and parent wellbeing surveys
- planning wellness opportunities within the curriculum
- incorporating wellness and mental health into our parent partnership programme
- liaising with wider professional networks that support our students and parents

Staff Wellness and Mental Health Plan 2023 - 2024

Our Aims	Action steps	By who By when	Success	Review
Ensure teaching and learning promotes resilient learners including fun and enjoyment	MHAW May 2023 Activities for students suggested alongside staff activities	Urban Health Project 6-10 <sup>th</sup> Nov.	Evidence from data collection will demonstrate that student wellbeing improves over time	<b>Dec 2023</b> Data sheets completed To be scrustised
	Wellbeing references in SOW	Julia Summer 2024	Schemes of work will include references to 5 ways of wellbeing	
	Provide social stories for students who need additional support at crisis	SALT Teachers Francisco  Mike for website	There will be a bank of storirs available on the staff drive and on the website for paretns to access	<b>Dec 2023</b> There are now a selection of social stories in the SALT folder for Millwall/visitng hospital/personal space/ private time/squidz club
	To celebrate achievement through sharing at whole school or Key stage events	KS leads SLT	KS leads will organise events throughout the year to celebrate achievement	<b>Oct 2023</b> Harvest festival <b>Dec 2023</b> Art exhibition KS3
Empower students and parents to have their voice heard and be involved in decision making	Survey parents	Parents coffee morning Julia 14 <sup>th</sup> June 2023	Parents are able to give their comments and make requests	<b>July 2023</b> Survey sent out to all parents. 27 responses Responses from survey and parent meeting used to plan parent meetings for 23-24.
	Facilitate school council meetings	Mike Spring 2023 Summer 2023	Student representatives will have an opportunity to make choices and decisions about school life	<b>Dec 2023</b> School council meets 2 x per term. The group consists of 6 students (2 from each keystone)
	Measure student wellbeing with survey	Julia Autumn 2023	Measure student wellbeing with survey	Dec 2023 9 students completed survey Data has been sent to local authority. Data to be scrutinised

	You said, we did for parents	Julia Spring 2024	Information from parents morning, parent surveys to be highlighted to parents as actions	
Further develop strong and effective partnerships with parents & carers and the wider community	Hold parent meetings once a half term to encourage parental involvement in areas of their child's school curriculum	Julia and Heidi Autumn 2023  Spring 2024 - Mike Summer 2024	Parents will attend sessions which they find informative and supportive. They will make connections with other parents	<b>Oct 2023</b> Parents attended a black history month meeting to share stories of their upbringing and experiences of coming to or living in the UK <b>Dec 2023</b> Parents brought food for a cultural cuisine sharing session Feb 2024 Family App - EFL
	Parents to be invited to whole school events and celebrations	Autumn 2023 Spring 2024 Summer 2024	Parents will attend whole school events and celebrate their childrens achievements as part of the school community	<b>Nov 2023</b> <b>Ks3</b> Art exhibition parents attended <b>Dec 2023</b> End of year production Jack and the beanstalk
	To sign post parents to relevant support	Summer 2024 Parent mental health first aider	Parents will know how to contact SPA CAHMS/SIAS	
		Support for bereavement		
	Parents meetings with professional input and advice	Autumn 2023 Julia Cenmac_Tina Spring 2024 EP- Jesvir Play – AP Anna – makaton Summer 2024 Sensory Dome – LG Behaviour – EB Pecs – CT	Parents will have access to a range of professional and advice though attending parents meetings	<b>Dec 2023</b> Cenmac have offered a training session for parents to use AAC devices at home – 8 parents attended <b>Jan 2024</b> EP meeting for parents

	Parents workshop together with their students	Summer 2024 MOVE – charlotte	Parents will work together to practise MOVE skills with their children	
	To be available at the front door to greet parents and students	All year SLT	Parents and students feel welcomed and there is a smooth transition into and out of the building each day	<b>Dec 2023</b> A minimum of 2 members of SLT are always available at the beginning and the end of each day
	Link to Educational psychologist	Jan 2024 Julia and Jesvir	Parents will understand the role of the EP and how they can support their child	<b>Jan 2024</b>
	Faciliate Parent linking	Sept 2023 Mike and class dojo	Parents can message each other on class dojo and link with other parents from their students class/peer group	<b>Dec 2023</b> Parent messaging has been set up and enabled. Parents are beginning to introduce themselves on class dojo and encourage each other to attend events
Create physical environments that support mental health and wellbeing	Urban Health project with sensory dome	Nov 2023 Laurence G and Tonia	Students access the sensory dome for wellbeing sessions and data demonstrates a reduction in anxiety and increase in wellbeing	<b>Nov 2023</b> Sessions for 1 student from each class group across the school. Data collected – now needs to be scrutinised. <b>Jan 2024 Data analysed</b>
		Summer 2024 Laurence G	Parents to be able to experience sensory dome	
	Playground equipment review	Summer 2023 Mike and school council	Playground equipment is robust and reflects students needs and motivations	<b>July 2023</b> Schol council tested/trialled equipment and then voted for purchases. Reviewed new equipment

	Declutter classroom environments	ongoing All teachers	Classroom environments are reflective of our SPELL strategy	<b>Dec 2023</b> Observations have identified when teachers need to declutter. Once classroom emptied of all ICT equipment to support student behaviour plan
	Refresh parents room to create welcoming space	Spring 2024 Mike school council	Parents have a space that they feel welcomed into and is positive for their wellbeing	
Embed wellbeing into our daily curriculum opportunities	Zones of regulation across the school	Ellis	That students will have a tool kit in order to move into the correct zone	<b>Dec 2023</b> Pip observed Ellis and discussed tool kit. Implimented into own lessons.
	School rules	Ellis	That students will have better knowledge of school rules	<b>Dec 2023</b>
	To gather student opinion in relation to behaviour policy	Spring 2024 Mike/school council	That students will have a say and be heard in decisions that effect them	Spring 2024
	RSE focus on wellbeing	Spring 2024		
	Suggestions of activities for Mental health Awareness week	Julia	That students will have opporuntities to experience and enjoy the 5 ways to wellbeing	Spring 2024
Build connections and encourage social relationships	Introduce wellbeing activities for leisure	Mike/External providers Autumn – yoga Spring- ? Summer - Art	Students have opporuntities to try a wellbeing activity at lunchtime with their peers/friends	Dec 2023 Student ratings gathered
	Introduce a peer support group			
	After school club to extend learning and create friendships	Niall Summer 2024	Students will engage in creative arts to extend their learning and spend time	

			engaging with their peers	
	Parent and child social event		Parents and students will have opportunity to spend time together	

Parent Partnership Programme

Date	Subject	Lead	5 ways to wellbeing
11 <sup>th</sup> Oct 2023	Black History month sharing stories morning	Julia and Heidi	Connect/Communicate
17 <sup>th</sup> Nov 2023	Cenmac Parents morning	Tina V	Connect/Communicate
6 <sup>th</sup> Dec 2023	Cultural Cuisine	Julia	Give
17 <sup>th</sup> Jan 2024	Educational Psychologist	Jesvir	Learn
31 <sup>st</sup> Jan 2024	AAC with cenmac	Tina V	Connect/Communicate
29 <sup>th</sup> Feb 2024	EFL family app	Mike	Learn
TBC	Makaton level 1&2	Anna	Learn
6 March 2024	Play ideas at home	Tonia	Be active
27 <sup>th</sup> March 2024	Positive Behaviour	Ellis	Learn
24 <sup>th</sup> April 2024	Sensory Dome	Laurence	Take Notice
5 <sup>th</sup> June 2024	MOVE workshop	Charlotte	Be active
19 <sup>th</sup> June 2024	Board games together	Julia	Connect
26 <sup>th</sup> June 2024	AAC with cenmac	Tina	Connect/Communicate