

School Development Plan

Key Judgement 3

Focus: Personal
Development

School Development Plan

Mental well-being is embedded into the curriculum and forms part of staff CPD.

School staff are united in embedding positive relationships.

Rights and Respecting School shows good progress towards embedding children's rights in the school's policy, practice and ethos.

- ▶ Mental health embedded and taught as SMSC curriculum: Jigsaw PSHE
- ▶ Pupils develop a good understanding of how to keep themselves safe and manage risks across our curriculum
- ▶ Policies and procedures are robust: Governor visits, learning walks, pupil conferencing, CPD
- ▶ Assemblies by Mental Health lead and also working towards Silver Unicef Rights and Respecting Schools
- ▶ Kernow NHS mental health team working alongside teachers and children to develop their understanding of mental health
- ▶ Appointed Wellbeing Champions
- ▶ Safe adult chosen at the beginning of each year
- ▶ Mental health information on newsletters and our website

https://www.st-neot.cornwall.sch.uk/web/mental_health/594547

Jigsaw PSHE Curriculum

Jigsaw PSHE perfectly connects the pieces of Personal, Social, Health and Well-Being Education.

- ▶ Teaches children and young people emotional literacy, social- and lifelong skills, RSE/RSHE and resilience in an age-appropriate manner.
- ▶ Gives children and young people the tools to have the best possible life.
- ▶ Equips them for happier and healthier lives, giving them agency to make their way through the world.

What does our mental health offer look like?

CHILDREN

- ▶ Weekly PSHE lessons
- ▶ Safe adult selected
- ▶ Mindfulness sessions - wellbeing journals
- ▶ Assemblies - breathing techniques taught
- ▶ NHS Team - Decider Skills
- ▶ Growth mindset - a 'can do' approach to learning

STAFF

- ▶ Jigsaw curriculum plans
- ▶ Wellbeing staff leads
- ▶ Wellbeing days
- ▶ Wellbeing surveys
- ▶ Half-termly meetings: MH Lead and HT

Children's Voice

Q9.

I understand what mental health and wellbeing is. This is what mental health and wellbeing means to me...

(Top six detailed answers only. ALL responses can be accessed by selecting "Run Tabulated Report" option after selecting this survey from the Survey Results option in the main menu)

Mental health is vital because it helps us stay happy and grow intelligence and we are able to be calm and collected when things do not go our way

It means if you are feeling bad or uncomfortable you can do some belly breathing and know how to calm yourselves down

mental health and wellbeing means to me that your body and feelings are positive, active and ready for the day ahead

Mental health and wellbeing means our emotions and how we feel and if we are happy and our friendships

mental health is your confidence and ability to do something wellbeing is how you feel

mental health and wellbeing is learning how to be healthy and look after your self.

NHS Mental Health Team - Decider Skills

The Decider Skills use Cognitive Behaviour Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

<https://www.thedecider.org.uk/videos/>

