



Chiltern Primary School- Mental Health and Well-being Action Plan



Area of need	How will this be achieved?	Who by?	By when?	Evaluation
School				
Wellbeing section on the school website Further understanding of what support is available from other services in relation to mental health	CL update the school website, liaise with Hayley Jackson- Thrive Creative Team to design a user friendly web page on the school website that informs parents how Chiltern support mental health and well being in school.	MHP CL	Autumn term 2021/22	
To develop links with schools, across Thrive Trust to share and develop good practice.	Mental Health leads from each Thrive Trust school to join together for half termly Mental Health Cluster meetings.	Mental Health Leads in Thrive Trust	Autumn term 2021/22	
Staff				
Consultations available to all staff / drop in	Senior MHP will be available to speak with any staff members about concerns or queries relating to child mental health and looking after their own well being. MHP to begin offering half termly sessions starting on 3 rd November 9.30-12.30.	MHP	Autumn Term 2021/22	
Upskilling staff to support children's mental health needs; to	Senior MHP to offer training to staff on 8 th December at 3pm.	MHP	Autumn Term 2021/22	



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include how to ask about MH				
Parents				
For parents to develop their understanding of mental health and ways they can support their child's mental health needs	Senior MHP to meet parents at Chat and Choose on 2 nd December 9am to present information on the MHST and gather interest in further training for parents to recognise signs and symptoms of MH and how to support their child.	MHP	By Dec 2021 first session	
For parents to develop their understanding of mental health and ways they can support their mental health needs whilst supporting their child.	CL and LG drop in once a month for parents of pupils with SEND/SEMH needs- how can we support each other?	CL LG	Nov 2021	