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|  |  | STAFF |
|  | **Training**  SLT – Mental Health Leader in school  All staff MINDED unlimited access mental health awareness training every year  **Team Building & Communication**  All staff events – Summer BBQ ……..  Refurbished staff area with complimentary refreshments  Weekly all staff briefings  **Support**  Regular staff survey to inform planning  24/7 mental health app inc counselling support |
| Wellbeing at KPJA  Our school ethos commits to develop and support the mental wellbeing of all of our children and staff. CONTACT **Wellbeing Mentor**  Mrs Parkes  **Behaviour & Inclusion Assistant**  ??? |  | students |
|  | **Universal**  Whole school events – Mental Health Awareness Week  Wellbeing Ambassadors - Self-Regulation stations - Calm down areas outside of class - Wellbeing garden - Zones of Regulation taught across the school - Worry boxes in every class - Wellbeing resources - Wellbeing tracker - FSW for all families - mindfulness and co-regulation - Access to Wellbeing Team throughout the day  **Targeted**  Welcome Booklet and support for new students  Small group interventions - social skills - arts & crafts - gardening - emotional literacy  1:1 programmes - bereavement support - drawing & talking  **Specialist**  Referrals to outside agencies when required for additional support for children |
|  | network support |
|  | **School links**  KPJA is part of the Northamptonshire Healthy School Programme. This provides us with regular training, access to resources, a bank of further information and advice plus regular network meetings and opportunities to learn from shared practice. |