

# LORNE PRIMARY SCHOOL

## School Improvement Plan

### Health, Wellbeing & Resilience

Improvement Aspect	Health, Wellbeing & Resilience	Overall Responsibility	HT
Outcomes	<p><b>Short term</b> All staff have access to support and resources for their own wellbeing and that of their learners. HWB planning and next steps are based on robust self-evaluation Collaboration and participation are central to shaping HWB priorities</p> <p><b>Medium term</b> Appropriate supports and resources are identified and used to meet specific needs of school community A whole school approach to supporting mental wellbeing is identified and progress is being made in rolling it out across the school community Approaches to increasing physical activity and improving diet are in place to support reducing obesity HWB initiatives/plans are consistently tracked and monitored to ensure impact</p> <p><b>Long Term</b></p>		

<p>Staff feel skilled and confident to meet learners HWB needs across the 4 contexts for learning  The HWB curriculum is reviewed and adapted to meet changing learner needs.  All learners, and staff, demonstrate greater resilience.</p>				
<p><b>NIF Priorities:</b></p> <ul style="list-style-type: none"> <li>Improvement in children and young people’s health and wellbeing</li> </ul>			<p><u>QIs/Themes</u>  <b>1.3 Leadership of Change</b>  <b>2.2 Curriculum</b>  <b>2.3 Learning, Teaching &amp; Assessment</b>  <b>2.4 Personalised Support</b>  <b>2.6 Transitions</b>  <b>3.1 Ensuring Wellbeing, Equality and Inclusion</b></p>	
Tasks	By Whom	Resources	Time	Progress & Impact
<p><b>Staff Wellbeing/Support</b>  Explore Health and Wellbeing supports with staff</p> <ul style="list-style-type: none"> <li>Staff Wellbeing Top Tips</li> <li>Audit what to adopt to support moving forward</li> </ul> <p>Collegiate discussion/support re Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Regular sharing of 1 Page Wellbeing</li> <li>Mental Health Matters – train the trainer programme</li> </ul> <p>Provide CLPL/resources to enable staff to feel more confident in supporting their learner’s wellbeing</p>	<p>SLT</p> <p>All Staff</p> <p>PSO</p>	<p><a href="https://www.gtcs.org.uk">Health and Wellbeing - The General Teaching Council for Scotland (gtcs.org.uk)</a></p> <p><a href="#">Staff Wellbeing Top Tips</a></p> <p><a href="#">Wellbeing planning tool   Turas   Learn (nhs.scot)</a></p> <p><a href="#">CYPMH – Professional Learning Resource</a>  – link to summary breakdown of units</p> <p><a href="#">Training for all Mental Health and Wellbeing.docx (sharepoint.com)</a></p>	<p>August 2022 – June 2023</p>	

<p><b>Whole School Ethos</b></p> <p>Review the whole school ethos with staff, learners and the community;</p> <ul style="list-style-type: none"> <li>- Vision, values and aims</li> </ul> <p>Revisit Paul Dix 'When the Adults Change Everything Changes';</p> <ul style="list-style-type: none"> <li>- Welcoming</li> <li>- Scripted conversations</li> <li>- Recognition board</li> <li>- School rules</li> <li>- Picking up own tab</li> </ul> <p>Whole school approaches to wellbeing reviewed with all staff and explore how to ensure in place across school;</p> <ul style="list-style-type: none"> <li>- Soft Start – check in</li> <li>- Zones of Regulation</li> <li>- Emotions Talk (Chat Boards)</li> <li>- Circle</li> </ul> <p>Information re the whole school approach shared with school community for review</p>	<p>SLT</p> <p>All Staff</p> <p>All learners</p> <p>All community</p>	<p>'When the Adults Change Everything Changes' – Paul Dix</p> <p>Resources to share with staff;</p> <ul style="list-style-type: none"> <li>- Zones of Regulation</li> <li>- Emotion Talks book</li> <li>- Chatboard</li> <li>- Circle document</li> </ul> <p>Microsoft Forms Survey – review with community</p>	<p>August 2022 – June 2023</p>	
<p><b>Whole School Health and Wellbeing</b></p> <p>Develop systems to support effective self-evaluation across;</p> <ul style="list-style-type: none"> <li>- Staff</li> <li>- Learners</li> <li>- Parents/carers</li> <li>- Partners</li> </ul> <p>to reflect on HWB and identify priorities.</p>	<p>SLT</p> <p>All Staff</p> <p>Learners</p> <p>Parents/Carers</p>	<p>Wellbeing Academy</p> <p><a href="#">Edinburgh Learns For Life - Anxiety supports and resources - All Documents (sharepoint.com)</a></p> <p><a href="#">Additional Support Needs - Emotionally Based School Refusal - All Documents (sharepoint.com)</a></p>	<p>August 2022 – June 2023</p>	

<p>Plan and implement appropriate strategies to improve HWB</p> <p>Establish or build upon existing partnerships with:</p> <ul style="list-style-type: none"> <li>- Parents and carers</li> <li>- Other professionals</li> <li>- Third sector partners</li> <li>- The wider community</li> </ul> <p>Review/refresh/embed appropriate mental/emotional/social wellbeing curriculum and support resilience</p> <p>Re-engage with broader HWB curriculum in line with priorities identified through self-evaluation</p>	<p>Community Partners parents/carers, community partners</p>	<p><a href="https://www.edinburgh.gov.uk/pacs">https://www.edinburgh.gov.uk/pacs</a> - support for families CEC directory with locality-based support</p> <p><a href="#">EVOG Red Book</a> online directory of community and voluntary sector organisations and services across Edinburgh</p> <p><a href="#">Evaluating Progress in HWB Draft.docx</a></p> <p>HWB Census results</p> <p><a href="#">A5 HWB booklet</a></p>		
<p><b>Childhood Obesity Levels</b></p> <p>Explore, with the whole school community, how to respond to increase in childhood obesity levels</p> <p>Increase daily physical activity of pupils, possible options include;</p> <ul style="list-style-type: none"> <li>- further engagement and uptake with Active Schools</li> <li>- redeveloping meaningful PEPAS links</li> <li>- daily mile</li> <li>- increasing Outdoor Learning</li> <li>- working in partnership with community sports clubs</li> </ul>	<p>SLT</p> <p>All staff</p> <p>Active Schools</p> <p>Community sports partners</p> <p>Gingerbread Breakfast Club</p>	<p><a href="#">Search   National Improvement Hub (education.gov.scot)</a> – approaches to physical activity</p> <p><a href="#">The Daily Mile   UK</a></p> <p><a href="#">Experience Outdoors   Outdoor Learning by City of Edinburgh Council</a></p> <p><a href="https://www.joininedinburgh.org/sports/active-schools/">https://www.joininedinburgh.org/sports/active-schools/</a></p> <p><a href="#">Food in schools across Scotland: A self-evaluation resource   Self-evaluation   National Improvement Hub (education.gov.scot)</a></p>	<p>August 2022 – June 2023</p>	

<p>Actively promote consistent messages regarding school food, in line with national guidance through</p> <ul style="list-style-type: none"> <li>- breakfast clubs</li> <li>- OOSC</li> <li>- Trips</li> <li>- curriculum</li> </ul>				
<p><b>Whole School Nurture Approach</b></p> <p>Develop nurture – targeted/whole school approaches;</p> <ul style="list-style-type: none"> <li>- Principles known across the school</li> <li>- Engagement ‘Apply a whole school approach to Nurture’ – audit</li> </ul> <p>Shared nurture approach with families</p>	<p>SLT/HWB group, Pupil HWB Group EP SLT</p>	<p><a href="#">Nurture - Home (sharepoint.com)</a> <a href="#">Applying nurture as a whole school approach - A framework to support self-evaluation   Self-evaluation   National Improvement Hub (education.gov.scot)</a>  Building Resilience <a href="#">Building Resilience - Home (sharepoint.com)</a></p>	<p>August 2022 – June 2023</p>	
<p><b>Mental and Emotional Health and Wellbeing Award – SEIC</b></p> <p>3 areas of work within the award;</p> <ul style="list-style-type: none"> <li>- Atmosphere</li> <li>- Education and Curriculum</li> <li>- Support Networks and Communities</li> </ul> <p>In delivering the Mental and Emotional Health and Wellbeing Improvement;</p> <ul style="list-style-type: none"> <li>- Should involve parents/carers</li> <li>- Equality and diversity must take a key focus</li> <li>- Should encourage conversations about adversity and resilience and</li> </ul>	<p>SLT All staff PSOs Learners Parents/carers</p>	<p><a href="#">Mental health and wellbeing: whole school approach: framework - gov.scot (www.gov.scot)</a>  Mental and Emotional Health and Wellbeing Award Criteria  South East Improvement Collaborative Mental and Emotional Health and Wellbeing Award Application  Application to be submitted to; <a href="mailto:seicollab@outlook.com">seicollab@outlook.com</a></p>	<p>August 2022 – June 2023</p>	

<p>how impacts children's mental health</p> <p>Ensuring meeting criteria and pulling together evidence for all aspects of the criteria</p> <p>Complete application process</p>				
<p><b>RSHP</b></p> <p>RSHP Programme added to online planning for appropriate stage</p> <p>Class teachers review what has been covered before planning for the session ahead</p> <p>Information about the RSHP programme to be shared with families via;</p> <ul style="list-style-type: none"> <li>- Teams</li> <li>- ParentPay</li> <li>- Newsletter</li> </ul> <p>Review teacher confidence in delivering the RSHP programme</p> <p>Ensure one staff member attended Train the Trainer training provided by Healthy Respect (non-denominational schools)</p>	<p>SLT</p> <p>Class Teachers</p> <p>Wider community</p>	<p><a href="#">Home - RSHP</a></p> <p>Communication tools – Microsoft Teams, ParentPay, Newsletter, etc.</p> <p>Microsoft Forms survey created</p>	<p>August 2022 – June 2023</p>	
<p><b>Online Safety</b></p> <p>Engaging with the digital wellbeing for cyber resilience and internet safety;</p> <ul style="list-style-type: none"> <li>- Create a strategic approach to cyber resilience and safety</li> </ul>	<p>Digital Leader</p> <p>Digital Learning Coordinator</p>	<p><a href="https://www.digitalschoolsawards.co.uk/digital-wellbeing-award-cyber-resilience-and-internet-safety#:~:text=Digital%20Wellbeing%20">https://www.digitalschoolsawards.co.uk/digital-wellbeing-award-cyber-resilience-and-internet-safety#:~:text=Digital%20Wellbeing%20</a></p>	<p>August 2022 – June 2023</p>	

<ul style="list-style-type: none"> <li>- Complete a self-evaluation</li> <li>- Engage with range of professional development and resources around internet safety</li> <li>- Engage with families about the impact of online safety</li> </ul> <p>Engagement with Leeann Turner (Learning and Development Practitioner) to support engagement with parents</p>	<p>SLT</p> <p>Class Teachers</p> <p>Families</p>	<p><a href="#">Award%20is%20a,to%20be%20delivered%20in%20Scotland</a></p> <p>Self-evaluation on Microsoft Forms</p> <p>Engage with families via;</p> <ul style="list-style-type: none"> <li>- Microsoft Teams</li> <li>- Text</li> <li>- Microsoft Forms</li> <li>- ParentPay</li> <li>- Website</li> <li>- Open afternoon</li> </ul>		
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