

## Planning appendix – Covid-19 adaptations



<b>Subject</b>	Mental Health and Wellbeing
<b>Class</b>	Whole school
<b>Teacher</b>	Miss L Herkes

School was closed for teaching purposes on March 23<sup>rd</sup> due to the Covid-19 pandemic. This caused considerable disruption to the education of our pupils and may continue to affect their academic and personal development in the 2020-2021 school year. Consider the potential impact of this disruption and detail any planned changes or mitigation measures to curriculum planning and delivery.

<b>Area of impact</b>	<b>Planned changes</b>
Curriculum	Mental Health and Wellbeing has been written into a number of curriculum areas throughout the school. In Art lessons pupils across all key stages are involved in contributing towards a whole school sculpture which promotes positive thinking, gives them the opportunity to discuss and express their experiences and hopes to teach them the importance of resilience in difficult times. Mental health and wellbeing is the focus within the RRS pastoral sessions. During pastoral sessions, each year group throughout the school will be focused on a different aspect of wellbeing. An emotional intelligence curriculum is delivered during pastoral time. The PSHE curriculum has been re-written over lockdown to acknowledge current challenges as well as incorporating the new statutory guidance for 2020 in relation to Relationship and Sex Education and Health Education.
Resources	Students identified as needed sensory equipment will be assigned to equipment and this will be cleaned according to COVID protocol. Zones of regulation are displayed and utilised in every classroom.
Other areas	All classes throughout the school are introducing students to zones of regulation and encouraging open dialogue in relation to mental health and wellbeing. The Bridge is available for students who are struggling with any aspect of their mental health and wellbeing or returning to school post-Covid. Listening Matters continues to be accessed by some pupils. Extra pastoral sessions are in place in order to support the students back to school post-Covid. All staff have received training in regard to supporting students' mental health and wellbeing and developing resilience. Other staff have additional training such as Youth and Adult Mental Health First Aid Certificate, Level 2 Certificate in Understanding Children and Young People's Mental Health. The Mental Health Champion is enrolled on a foundation course to support this role, beginning mid-September. All new primary starters and Y7 students have been allocated buddies from older students in KS3/4 to support their transition. Due to COVID restrictions and protocol, all students remain in their pastoral classes for the majority of lessons to support their physical and mental wellbeing, students engage in active blasts between lessons at the teachers discretion. In addition to this, students and staff engage in Active breaks and lunchtimes in accordance with the PESSPA (Physical Education, School Sports and Physical Activity) programme.

	<p>In terms of staff wellbeing, SLT have been very supportive in regard to worries or anxieties. On a Friday, staff enjoy a wellbeing briefing, where the mental health champion runs an activity such as a fun quiz. This will be facilitated over TEAMS due to COVID protocol. In addition to this, staff have the opportunity to participate in the 'wellbeing buddy' scheme where you are given a member of staffs as an anonymous buddy to leave little cheap gifts and messages for.</p> <p>To further support the pupils Mindfulness sessions will be introduced once staff have ascertained and prioritized pupils who would benefit from participation.</p> <p>For some pupils physical interventions have been introduced to support self-regulation strategies and provide them with proprioceptive feedback. Other interventions have also been introduced via the use of the Covid Catch-up fund which incorporates 'Talkabout' a social and communication programme to support some of our pupils who may have been socially isolated.</p> <p>Virtual assemblies have begun and students are nominated for awards and certificates. Students are also awarded certificates for respecting the rights of others.</p> <p>Students also have the chance to assist in staff wellbeing by emailing the mental health lead the name of any staff who have gone the extra mile for them that week. The staff members will receive an award during our virtual assemblies.</p> <p>Our Wellbeing Warriors are thinking of ways in which we can get together and support wellbeing in school in a socially distanced manner.</p> <p>A bespoke secondary pastoral assembly programme that addresses key concerns, provides reassurance and aims to rebuild and promote learning.</p>
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