

School Health and Wellbeing Action Plan 2019-2020

School Year-2018/19 Strategy – Beech Hill School and Deanfield Family of Learning Trust		Working with the results of the Electric Health Needs Assessment this plan will ensure actions are taken to improve, monitor and review outcomes to help meet OFSTED requirements linked to Leadership and Management and Personal development, behaviour and welfare. <i>Examples:- Attendance, Social and emotional progress, behaviour, exclusions and reintegration, achievement and attainment</i>		
Where are you now?	What's Important?	What MUST you achieve?	Who is Responsible and Timescale	Review/Success
Healthy Behaviours				
70% of children will drink fizzy pop daily	Reduce number of children who are obese. Reduce sugar intake for healthy gums and teeth.	<ul style="list-style-type: none"> Reduce the number of energy drinks children bring into school – monitor of packed lunches. Better Living team 	Parents, lunch time supervisors and teachers Coffee mornings.	Regularly check children's packed lunches and inform parents if they are not acceptable.
Around 30% of children are not active for 60 minutes a day	Increase physical activity to ensure children achieve 30 mins of MVPA (moderate and vigorous physical activity) in school.	<ul style="list-style-type: none"> Ensure the warm up in PE lessons are vigorous of at least 10 minutes. Lunch time timetables for least active. Active lessons- Go Noodle. Physical active interventions Joe Wicks daily 10 minute afternoon H.I.T 	Teachers, lunch time supervisors and sports coaches. Coffee mornings.	Lesson observations
Increase the mental wellbeing of children to ensure they feel happy and prevent children feel anxious (40% say they regularly feel low)	Increase children's mental health so they have a more positive outlook	<ul style="list-style-type: none"> Healthy Minds workshops Better Living team in Mental Health weeks 	Better Living Team Healthy Minds All staff	Improvement in children's mental health

Avoiding Harms

30% of children don't always feel safe when online	Ensure they are safe online and know who they are talking to.	<ul style="list-style-type: none">• Teachers to teach online safety in computing lessons• Tackle any issues that arise in class (use of Seesaw)• Discuss online safety daily• Parent workshops• NSPCC workshops	All members of staff, parents and children. Coffee mornings.	Look at next year's data
Over 40% of children use social media apps (age restriction is 13)	Ensure they are safe online and know who they are talking to.	<ul style="list-style-type: none">• Parent workshops• Educate children around social media and the impacts it can have• Explain how you have to be 13 to use the platforms• Ensure there are no social bullying is occurring or what to do if that occurs	All members of staff, parents and children. Workshops.	Look at next year's data

Emotional Health and Wellbeing

<p>88% of children worry about exams</p>	<p>To discuss ways to deal with anxiety</p> <p>Ensure children have opportunities to discuss their worries</p>	<ul style="list-style-type: none"> • Hold parent workshops • Hold informal discussions during PHSCE lessons • Create coping strategies if children become too anxious 	<p>All staff</p>	<p>Look at next year's data</p>
<p>Around 25% of children said that they have been physically bullied</p> <p>Around 30% of children say they have been bullied in other ways</p>	<p>To ensure children understand what bullying is.</p> <p>Ensure children know what to do if there is bullying and who to talk to</p>	<ul style="list-style-type: none"> • Hold anti-bullying assemblies and week • Deal with any issues immediately in class • PHSCE lessons around bullying • Parent workshops 	<p>All staff</p> <p>Learning mentors</p>	<p>Look at next year's data</p>
<p>Children would like more information on the following topics:</p> <ul style="list-style-type: none"> - Sexting - Extremism - Gambling - Wellbeing 	<p>To provide children with workshops from Healthy Minds, Better Living Team and other external providers.</p> <p>To teach PHSCE lessons that target these areas</p>	<ul style="list-style-type: none"> • Mental health weeks • PHSCE lessons • Healthy Minds workshops 	<p>All staff</p> <p>Learning mentors</p>	<p>Look at next year's data</p>