



Ruskin Community High School
Student Mental Health and Wellbeing Action Plan 2023-2024

Key Objective	Actions	Success Criteria	SLT Lead Monitoring & Evaluation
<p>Main Whole School Focus 2024 For all staff at Ruskin Community High School to be Trauma Informed Trained with the school achieving the Trauma Informed School Award by the end of the academic year</p>	<ul style="list-style-type: none"> • Trauma Informed Lead completed training in February 2023 • SLT Trauma Informed Training completed in November 2023. • Introduction to Trauma Informed Schools to be completed by SLT Trauma lead. • All staff to complete the Trauma Informed Schools training by completing the webinar by 22nd January 2024. Staff given time to reflect on this. • Develop further training and support for staff throughout the academic year, with support and guidance from CRN, LAN and HAR. • Continued development of understanding of trauma and language used with students 	<ul style="list-style-type: none"> • Completion of the Trauma Informed Schools Award. • Staff understanding and awareness of trauma improved. 	HAR/CRN/LAN
<p>Wellbeing surveys further built into the PSHCE</p>	<ul style="list-style-type: none"> • Each year group to complete a wellbeing survey throughout the academic year through the use of 'Bounce Together'. • Results shared with YAM and YAM LM to analyse what support may be required. • Staff survey to be completed during the academic year. 	<ul style="list-style-type: none"> • All students to have completed survey during the academic year with key support highlighted. 	HAR/DAV



curriculum and staff survey to be done again			
Further develop relationship with Motherwell Further develop counselling for girls and female empowerment groups set up	<ul style="list-style-type: none"> • Motherwell Counsellor to start at Ruskin in October 2023. • Motherwell to work with DAV to develop a female empowerment group during the academic year. • Be aware of and take part in other Motherwell events/strategies/activities. 	<ul style="list-style-type: none"> • Students accessing Motherwell counselling. • Female Empowerment Group established at the school. 	HAR/DAV
To work with the MHST to introduce more group workshops for students	<ul style="list-style-type: none"> • Relationships workshop to be introduced to Year 10 students in January 2024. • All year 11 to have completed the Exam Stress and Anxiety workshop before exams in May 2024. 	<ul style="list-style-type: none"> • Students mental health and wellbeing supported further. Reflection activity for students to completed to understand effectiveness of support. 	HAR/MAN
To increase parent support and understanding of mental health and wellbeing.	<ul style="list-style-type: none"> • To work with VISYON/MHST/Motherwell to develop support package for parents with regards to their child's mental health and wellbeing. • Offer sessions in school where possible. • Update the website with further Mental Health and Wellbeing information, with easy links to websites, phone numbers etc. for support. • Online Safety workshop for parents offered by the Police. 	<ul style="list-style-type: none"> • Further support for all families regarding mental health and wellbeing. • Parents have a better understanding of how to support their child. 	HAR/BUN/VIT