

## The Ryde School SDP 2025-2026

Domain: Mental health and wellbeing

Domain Leader: Catherine Brumby

Objectives for Mental health and wellbeing	
<b>Achievement gap issues</b>	
<b>Objective 1</b>	To re-establish mental health resources to support children in school.
<b>Objective 2</b>	To encourage mental health targets for each year group to have a higher status in the classrooms.
<b>Objective 3</b>	To continue to promote mental health and wellbeing days/weeks.

Objective 1	To re-establish mental health resources to support children in school.					
Action	Timescale	Person responsible	Budget/resource implications	Monitoring (who by and how often)	Success criteria	SEF reference
To launch the Zones of regulation and 5 ways to wellbeing with an assembly.	Autumn 2024	Mental health lead	None/assembly time	Mental health lead	The children will have a good introduction to the strategies we follow in school to support mental health (primarily Zones of Regulation but also the 5 ways to wellbeing).	
To teach, promote and encourage the use of these resources daily.	Ongoing all year – to start in Autumn 2024.	Mental health lead as well as class teachers.	Timetable allocations	Mental health lead	Children will have spent time in class learning about the Zones of regulation and 5 ways to wellbeing. Teachers will regularly use them as prompts to support children on a daily basis.	
To evaluate children's use and knowledge of the resources.	Summer 2025	Mental health lead	Time	Mental health lead to monitor ongoing progress throughout the year.	Children will have the right vocabulary to discuss supporting their own mental health	

					and wellbeing. They will have a bank of strategies they can use to support themselves independently or with support.	
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Objective 2						
To encourage mental health targets for each year group to have a higher status in the classrooms.						
Action	Timescale	Person responsible	Budget/resource implications	Monitoring (who by and how often)	Success criteria	SEF reference
To review and familiarise all staff with mental health and wellbeing targets for all year groups.	September 2024	Mental health lead	INSET/staff meeting time	Mental health lead	All staff will be happy that their year groups target is appropriate and achievable. Staff will also be aware of their target for the year so they can reference to it regularly.	
To make regular references to each classes target and to have it on display in every classroom.	Ongoing	Class teachers	None	Mental health lead	Children are aware of their year groups mental health target and know ways to achieve it. Adults in each class support	

					children to achieve it.	
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Objective 3						
To continue to promote mental health and wellbeing days/weeks.						
Action	Timescale	Person responsible	Budget/resource implications	Monitoring (who by and how often)	Success criteria	SEF reference
To promote good mental health as a preventative measure, not just reactive.	Ongoing	Mental health lead and all other staff	Time	Mental health lead	Children can talk about why mental health is as important as physical health and ways to keep themselves mentally healthy.	
<p>To have a mental health assembly on focus days/weeks (one per term).</p> <p><b>Autumn – 10<sup>th</sup> October:</b> World mental Health day</p> <p><b>Spring – 3<sup>rd</sup> – 9<sup>th</sup> Feb:</b> Children's mental health week.</p> <p><b>Summer – May (date tbc):</b> Mental</p>	Ongoing	Mental health lead	Timetable time	Mental health lead	<p>A mental health focus day each term.</p> <p>Assemblies to be conducted by Mental Health lead and activities to be carried out in classrooms across the school.</p>	

health awareness week.						
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**Objectives for Computing review (End of 2024-2025)**

**Achievement gap issues**

**Objective 1**

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**Objective 2**

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**Objective 3**

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