

St Martin's School

Student Mental Health and Wellbeing Action Plan 2026-2027

Vision

At St Martin's School, we are committed to promoting positive mental health and emotional wellbeing for all pupils from Early Years through to Sixth Form. We believe that good mental health is fundamental to achieving our vision of pupils being Safe, Thoughtful and Motivated. We aim to create a culture where mental health is openly discussed, where pupils know how to access support, and where early intervention helps prevent concerns from escalating.

Objectives

The school will:

- Promote positive mental health and emotional wellbeing for all pupils.
 - Create a safe and supportive environment where pupils feel listened to and valued.
 - Identify mental health concerns at the earliest possible stage.
 - Provide appropriate support and intervention for pupils experiencing difficulties.
 - Work in partnership with families and external agencies.
 - **Ensure that mental health is considered alongside safeguarding, attendance, behaviour and SEND.**
 - Reduce barriers to learning caused by emotional or mental health needs.
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Universal Support for All Pupils

Mental health and wellbeing will be promoted through the curriculum, assemblies, tutor programmes and enrichment activities.

Pupils will be taught about:

- Emotional wellbeing and resilience.
- Healthy relationships.
- Online safety and social media.
- Self-esteem and confidence.
- Stress management and coping strategies.
- Mental health awareness.
- Bullying and discrimination.
- Diversity and inclusion.
- Seeking help and supporting others.

Regular wellbeing messages will be incorporated into assemblies, awareness campaigns and pastoral activities throughout the academic year.

Early Identification

The school will identify pupils who may require support through:

- Daily pastoral monitoring.
- Attendance monitoring.
- Behaviour monitoring.
- Safeguarding concerns recorded on CPOMS.
- Staff observations.
- Parent and carer concerns.
- Pupil self-referral.
- Pupil voice activities (student surveys, school council).
- Academic monitoring.

Mental health will form part of regular safeguarding, attendance and Belonging meetings to ensure concerns are identified and addressed promptly.

Targeted Support

Where pupils require additional support, the school will provide access to a range of interventions, including:

- Pastoral support.
- Student Support Team interventions.
- Emotional regulation support.
- Mentoring.
- Nurture provision.
- Wellbeing check-ins.
- Individual support plans.
- Risk assessments where appropriate.
- Attendance support.
- SEND support and reasonable adjustments.

Support will be based on individual need and regularly reviewed to ensure it remains effective.

Safeguarding and Mental Health

The school recognises that mental health concerns can sometimes be an indicator of safeguarding needs.

Where pupils present with concerns relating to:

- Self-harm.
- Suicidal thoughts.
- Exploitation.
- Online harm.
- Abuse or neglect.

- Significant emotional distress.

Safeguarding procedures will be followed and concerns will be recorded, monitored and reviewed through CPOMS by the safeguarding team.

The Designated Safeguarding Lead will work alongside pastoral staff, attendance staff and external agencies to ensure pupils receive appropriate support.

Attendance and Belonging

The school recognises the close relationship between attendance, belonging and emotional wellbeing.

Where mental health is impacting attendance, the school will:

- Work closely with pupils and families.
- Identify barriers to attendance.
- Implement tailored support plans.
- Consider reasonable adjustments where appropriate.
- Review progress regularly.

Mental health concerns will be considered as part of the school's attendance and inclusion processes to ensure that pupils remain engaged in education wherever possible.

Working with Families

Parents and carers play a vital role in supporting children's mental health.

The school will:

- Communicate concerns promptly.
 - Involve families in support planning.
 - Signpost families to relevant support services.
 - Provide information and guidance regarding pupil wellbeing.
 - Work collaboratively to support positive outcomes.
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Working with External Agencies

Where additional support is required, the school will work with external agencies including:

- BeeU
- CAMHS
- Educational Psychology
- School Nursing Service
- Children's Social Care

- Early Help
- Victim Support
- Axis
- Brook
- Police Schools Team
- Local authority services
- Appropriate voluntary and community organisations

The school will ensure that information is shared appropriately and that support plans are coordinated effectively.

Monitoring and Review

The effectiveness of this action plan will be monitored through:

- Attendance data.
- Behaviour data.
- Safeguarding data.
- Pupil voice.
- Intervention outcomes.
- External agency feedback.

The action plan will be reviewed annually by the Mental Health Lead, Designated Safeguarding Lead and Senior Leadership Team.

Mental Health Lead: Mandi Jones

DSL: Hannah Weaver

Date Approved: 03.09.2026

Review Date: 1st September 2026
