



Mental Health and Wellbeing - Graduated Approach

TIER 1

Universal Offer/ Provision (Prevention/Identification)

- mental health leader
- embedded PSHE curriculum for all
- regular assemblies with mental health and wellbeing focus
- Therapeutic Thinking strategies
- displays in the school and classroom environment
- weekly celebration assembly
- recognition and rewards for all
- awareness weeks linked to mental health awareness
- a dedicated mental health and wellbeing section on the school's website and signposting on social media
- proactive and timely support for parents with concerns about the mental health of their child
- an annual review of mental health and to identify key areas for development of support
- PE curriculum/ extra-curriculum offer to provide opportunities to engage in wellbeing and mindfulness activities such as dance and yoga
- mental health training provided to all staff
- parents/carers workshops
- Relax Kids and Humanutopia to support Y6
- support during transition days
- open days to introduce families to new classroom environment and teaching staff
- transition booklets provided to children and families

TIER 2

Targeted Offer/ Provision (Early Support)

- personal daily check ins and discussion opportunities with a key member of staff
- maintain an action planning record with pupils and parents/carers to ensure personalised support is available
- time out arrangements for those who need space to calm or reflect during the school day
- feeling trackers/diaries used to record their emotions each week for later reflection
- additional small group physical activity sessions
- additional resources such as fidget toys, comforter item at home to support
- attendance support provided to those struggling due to mental health issues
- use of Hamish and Milo, strengths and difficulties questionnaires or similar tools for early identification of concerns and information to support the planning of effective interventions
- close liaison with a range of external agencies who can offer in-school support
- signposting to relevant external agencies and apps for out of school hour support
- small group or one to one support to engage in activities such as mindfulness colouring opportunities
- develop a toolkit of strategies to help address identified needs
- links between mental health lead, SENDCO, class teacher and parents/carers to identify any significant needs

TIER 3

Specialised Offer/ Provision (Access to Specialist Support)

- access to a trained counsellor or an adult mentor for a specified number of sessions to support the mental health of identified students
- Early Help referrals available for those needing additional support
- Named Educational Mental Health Practitioner from the Mental Health Support Team
- Referral to Child and Adolescent Mental Health Services (CAMHS)
- Individual Education Care Plans
- Specialised staff training focusing on current needs in school
- Referrals to external agencies:
 - Named Educational Mental Health Practitioner from the NHS Mental Health Support Team
 - Child and Adolescent Mental Health Services (CAMHS)
 - Bereavement specialists
 - Social Services - Early Help, Family Support Services
 - Malachi
 - Action for Children