



Whickham Parochial Church of England Primary School Mental Health and Wellbeing Provision Map

Whole School Provision (all staff) (Quality First Teaching)	Low Level Needs (all staff) May include temporary friendship issues, low level separation discomfort, concerns about a lesson / activity	Medium Level Needs (lead by SLT) Planned group or individualised support	High Level Needs (lead by SLT) External agencies accessed
<p>Staff incorporate strategies to help all children access the curriculum successfully. Children learn about good mental health as part of our RSHE curriculum using SCARF. Our values include friendship, tolerance, forgiveness and service: all of which encourage good relationships. Service and advocacy for others are planned into the curriculum and help pupils to have a sense of power and agency. We work with agencies included RISE to deliver mental health assemblies</p> <p>We have a programme of good mental health days including Children’s Mental Health week and Hello Yellow Day.</p> <p>Our staff embed growth mindset thinking, using process praise, flexible grouping and do not set, which helps pupils to build confidence and resilience.</p> <p>Celebration assemblies focus on processes and on progress, not attainment or outcomes – providing every pupil with opportunities to feel successful.</p> <p>We work towards team goals in houses to encourage a sense of belonging.</p> <p>Our yards have playground heroes to help pupils see service for others and mindfulness of others’ emotions as a valuable and valued skill.</p>	<p>Teachers and staff are trained in spotting signs of anxiety. Any child who is distressed will be reassured and given the opportunity to talk to an adult. The child may be redirected to an activity that will distract them, may be offered physical reassurance such as a hug (consent will always be sought) or may simply need some quiet time. If a friendship issue has occurred, efforts will be made to resolve this and arrangements made to help at playtime. At this stage, we may also arrange for some curriculum time to be devoted to the issue. We may arrange for outside agencies, such as RISE or Operation Encompass, to provide some whole class support.</p> <p>This is an IDENTIFICATION stage. If the low level support indicated above was not helpful, or if the issue persists, then the need would be escalated to the next stage and parents would be informed if this had not already been done.</p>	<p>If a child continues to struggle, we will:</p> <ul style="list-style-type: none"> • Arrange pastoral support from a key adult • Provide time out opportunities • Provide strategies for self-regulation and give visual prompts to support with this • Signpost support for parents • Deliver group interventions to support pupils with their specific need (relationships, anxiety, resilience). An example of this would be SuperBeans or RISE. <p>At this point, we may arrange a surgery appointment with the HINT team to ask for strategies or resources to help, and this would form the basis of an IEP if one is not already in place.</p>	<p>At this point a support plan will be in place as either an IEP, a behaviour plan, or a Team Around the Family plan (TAF). A TAF will be set up if any external agency is involved. High level needs may include persistent low mood or anxiety leading to school refusal or self-harm; persistent issues with self-regulation; suspected eating disorders; struggles with gender identity; mental health issues caused by home/parenting issues (safeguarding procedures may also be initiated if this is the case, but not always). Through an initial Single Point of Access (03031231147) assessment, we can access:</p> <ul style="list-style-type: none"> • CYPs (Children and Young People’s Services) 0800 6522864 • CAMHS (Children and Adolescent Mental Health Services) 0191 2834560 • EBSA (Emotionally Based School Avoidance Team) • Early Help • Children North East 02078333319 • RISE • North East Counselling Service • School Nurse 03000031918 • Growing Healthy 01423885959

Working with Parents

- Parents are an integral part of supporting pupil’s mental health. We encourage parents whose children are struggling or who are struggling themselves to come and talk to us informally and we will do everything we can to provide support and signpost other services.
- Parents are always included in any concerns we have about a pupils’ health. We ensure that parents have a voice and recognise their contribution.