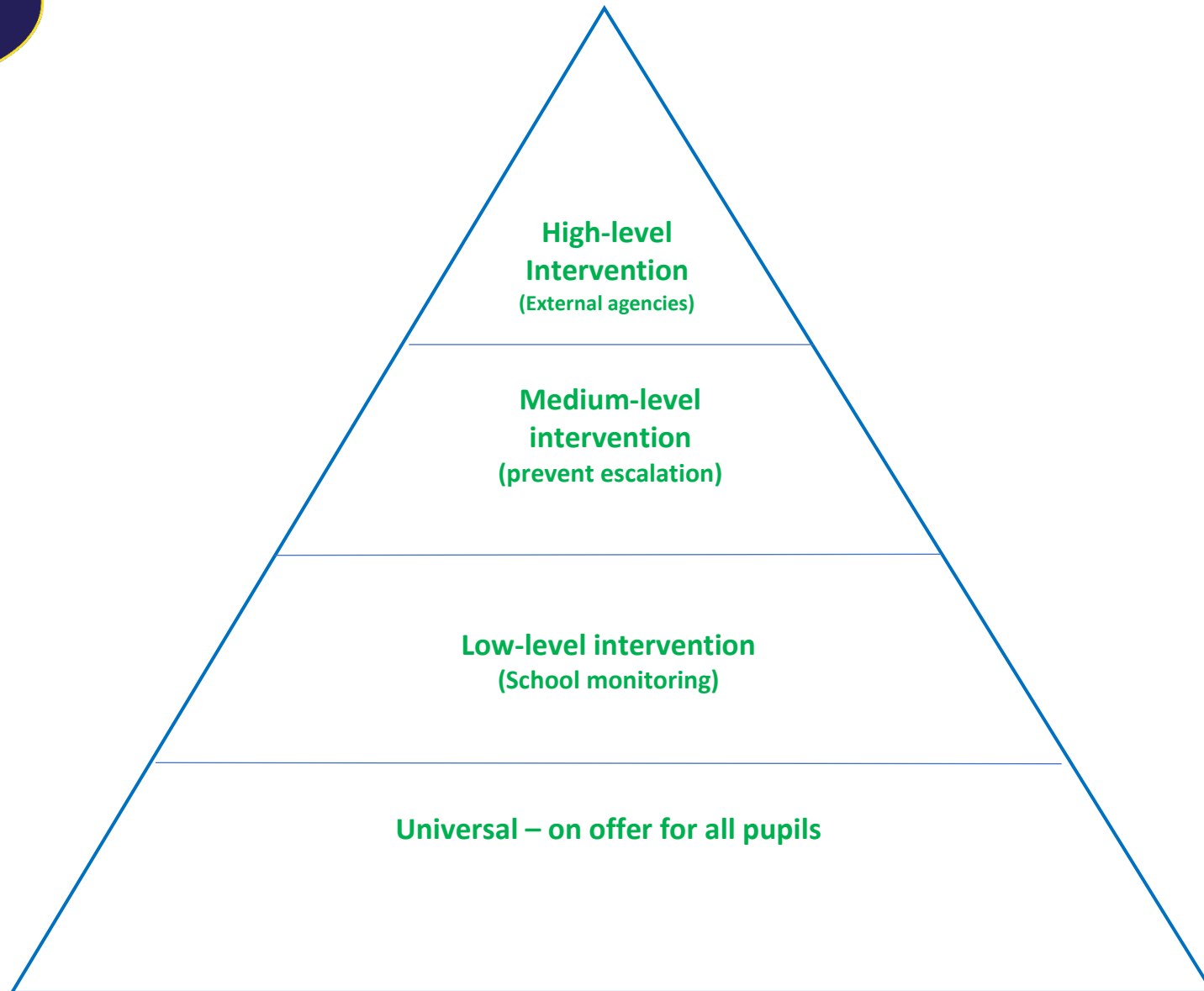




## MENTAL HEALTH & WELLBEING PYRAMID OF SUPPORT





# MENTAL HEALTH & WELLBEING - WHOLE SCHOOL APPROACH



At Four Oaks Primary School we believe that following a whole school approach to mental health and wellbeing is crucially important to the development of all pupils. You will see in our charts below that this is reflected in our allocation of support and resources which are heavily weighted to being available for all pupils at 'Universal' level. The following is not intended as an exhaustive list of all the support that we provide. All pupils receive 'Universal' support plus access to additional support at low, medium and high levels.

## Support for pupils: Curriculum and policies

Universal – on offer for all pupils	Universal + Low-level intervention (School monitoring)	Universal + Low-+ Medium-level intervention (Prevent escalation)	Universal + Low + Medium + High-level intervention (External agencies)
<ul style="list-style-type: none"> <li>• Mental health and wellbeing policy</li> <li>• Child Protection Policy</li> <li>• Personal, Social, Health Education (PSHE) policy</li> <li>• Behaviour Policy</li> <li>• Whole school behaviour and reward system</li> <li>• Attendance Policy including rewards.</li> <li>• First day response by office staff to check on pupil absences and welfare.</li>   <li>• PSHE &amp; Resiliency lessons/ reflection journals</li> <li>• KS1&amp;2: Individual 'Reflection journals' linked to PSHE, are provided for all pupils to record thoughts and strategies for remaining mentally healthy.</li> <li>• Spiritual, moral, social curriculum (SMSC)</li> <li>• Collective worship</li> <li>• RISE questionnaires delivered twice per annum and analysed. The results are used to direct the focus whole class or year group discussions and support.</li> </ul>	<ul style="list-style-type: none"> <li>• RISE questionnaires – analysis used to target specific support to groups and / or individuals.</li> <li>• Voice of the child</li> <li>• TED Talk</li> </ul>		

**Support for pupils: interventions.**

<b>Universal – on offer for all pupils</b>	<b>Universal + Low-level intervention (School monitoring)</b>	<b>Universal + Low + Medium-level intervention (Prevent escalation)</b>	<b>Universal + Low + Medium + High-level intervention (External agencies)</b>
<ul style="list-style-type: none"> <li>Each year group benefits from a high staff/pupil ratio which are achieved by small classes with a class teacher and additional experienced teachers and/or Teaching Assistants who are allocated to each year group.</li> </ul>	<ul style="list-style-type: none"> <li>Wellbeing Team meetings including discussions around mental health and emotional wellbeing and attendance.</li> <li>Following support interventions, pupils remain on a monitoring list for an appropriate time to ensure any additional support is made available without delay.</li> <li>Early Help Hubs: <b>pre</b> EHAT</li> </ul>	<ul style="list-style-type: none"> <li>Family support workers</li> <li>TED talk</li> <li>Early Help Hubs: EHAT</li> </ul>	<p>Access to:</p> <ul style="list-style-type: none"> <li>Seedlings</li> <li>Mental Health Support Teams</li> <li>OSSME</li> <li>Action for Children</li> <li>ADHD Foundation</li> <li>EHCP</li> </ul>

**Support for pupils: Learning environment and resources.**

<b>Universal – on offer for all pupils</b>	<b>Universal + Low-level intervention (School monitoring)</b>	<b>Universal + Low + Medium-level intervention (Prevent escalation)</b>	<b>Universal + Low + Medium + High-level intervention (External agencies)</b>
<ul style="list-style-type: none"> <li>Breakout rooms</li> <li>Quiet spaces on the playground</li> <li>Grounds including quiet gardens, social &amp; reading shelters and active areas.</li> <li>Staff visibility – hi-vis jackets worn, which makes staff easily recognisable for children on the playground.</li> </ul>	<ul style="list-style-type: none"> <li>All pupils have access to Calm Corners for use when needed throughout the day. Calm corners are equipped with helpful resources eg. Weighted toys, finger tracing</li> </ul>		

### Support for pupils: home school links and extra-curricular clubs and activities.

Universal – on offer for all pupils	Universal + Low-level intervention (School monitoring)	Universal + Low + Medium-level intervention (Prevent escalation)	Universal + Low + Medium + High-level intervention (External agencies)
<ul style="list-style-type: none"> <li>• Approachable staff.</li> <li>• Positive relationships between staff and parents.</li> <li>• September ‘Meet &amp; Greet’ parent teacher meeting creates a positive start to the school year for children and parents.</li> <li>• School operates an ‘Open door’ policy. Staff are available before and after school for brief informal discussions. For more in-depth discussions, parents / carers can arrange a time for a mutually convenient phone call or meeting.</li>   <li>• Breakfast Club (free)</li> <li>• Themed days – Hello Yellow, Internet Legends</li> <li>•</li> <li>• Extra-curricular clubs covering arts, sports, academic focus and healthy lifestyles.</li> <li>• Into University enhancing aspirations towards higher education.</li> <li>• Messy Church – family friendly activities designed to encourage high quality time for adults and pupils to work and play together. Free meals provided for all attendees.</li> </ul>	<ul style="list-style-type: none"> <li>• Supportive adults, both teaching and non-teaching, available to support pupils.</li> <li>• Home link book</li> <li>• Action for Children – Wellbeing Star workshops Y4 &amp; Y5</li> <li>• Into University support with homework Y6</li> <li>• Bucket Therapy – Rec</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

### Support for pupils: Staff training

Universal – on offer for all pupils	Universal + Low-level intervention (School monitoring)	Universal + Low + Medium-level intervention (Prevent escalation)	Universal + Low + Medium + High-level intervention (External agencies)
<ul style="list-style-type: none"> <li>• Annual safeguarding training</li> <li>• ‘Spotting the Signs’ workshop – Mental Health Support Teams (MHST)</li> <li>• Team teach training (Positive Handling)</li> <li>• First Aid and Pediatric First Aid</li> </ul>	<ul style="list-style-type: none"> <li>• Bespoke training to meet the needs of individual pupils as per Educational Psychologist or other professional recommendations.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

**Parent and Carer support**

<b>Universal – on offer for all pupils</b>	<b>Universal + Low-level intervention (School monitoring)</b>	<b>Universal + Low + Medium-level intervention (Prevent escalation)</b>	<b>Universal + Low + Medium + High-level intervention (External agencies)</b>
<ul style="list-style-type: none"> <li>• School facilitates opportunities for parents to meet with outside agencies.</li> <li>• Communication with staff members from both the teaching and office teams who are well placed to offer help or guidance, e.g. family support worker.</li> <li>• School operates an 'Open door' policy. Teachers are available before and after lesson time for informal discussions.</li> </ul>	<ul style="list-style-type: none"> <li>• Children’s Centre – Parenting Courses</li> </ul>	<ul style="list-style-type: none"> <li>• Staff support parent(s) at bespoke meetings with outside agencies e.g. family support worker</li> <li>• Early Help Hubs: 0 – 9 Team Outreach family support Step Forward Adult Mental Health</li> </ul>	<p>Access to:</p> <ul style="list-style-type: none"> <li>• Seedlings</li> <li>• Mental Health Support Teams</li> <li>• OSSME</li> <li>• Action for Children</li> <li>• ADHD Foundation</li> <li>• EHCP</li> </ul>