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| **Description: school badgeST. OSWALDS’S C of E WHOLE SCHOOL PROVISION MAP** | | |
| **Mental Health and Wellbeing** | | |
| **Wave 1 – Quality First Teaching** | **Wave 2 – Guided/group intervention** | **Wave 3 – Individual support** |
| Clear and consistent boundaries  Positive reinforcement and praise  Positive reward systems – whole school approach *developed with pupils*  Celebration assembly  Teaching of calming strategies and mindfulness  Growth mindset mantras – monthly – *displayed in every class & around school, spoken daily*  Displays for resilience and growth mindset  Adaptations to class layout  Structured class routines  Worry box in every class – *checked daily & followed up*  Time spent nurturing relationships – *all staff get involved with all pupils*  Agreed systems when a pupil is distressed or not coping  PHSE curriculum focused on statutory Relationships Curriculum  Sensory resources in every class – stress balls, fiddle toys etc.  Sensory / brain breaks built into lessons  Whole class visual timetable in every class  *Zones of regulation on display in each classroom.* | Agreed areas for timeout / breakout areas – *tents, covered corners, areas outside class*  Arranged times to speak to key adults  Now and Next choices (visuals) to engage and motivate  After school clubs to support / promote mental wellbeing (some by invitation): Feeling Good club, horse-riding, art, Forest fun – *every staff member runs a club*  Visual timetables – personalised for groups  Lego Therapy  Individual zones of regulation cards  Mental Health Support Team  Intervention to support low mood/anxiety – *observed by staff for them to implement going forward*  School website  *Mental Health and Wellbeing tab:*  Wide range of resources to support all aspects of MHWB and links to local and national agencies – targeted areas for families, pupils and staff | Boxall profile  Early Help / TAF  Risk assessment, support plan  Hidden learning needs identified, information shared eg ADHD, anxiety  Interventions  Relax Kids  Lego therapy  Draw and Talk  Play therapy  Managing emotions  Anxiety  Social stories / comic strip conversations  Support, guidance, referral – outside agencies   * Educational Psychologist * School Nurse * STAR centre * Wellbeing centre * CAMHS * School website – links * Mental Health Support Team – referrals for direct work |